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3 Canned tomatoes
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page 55

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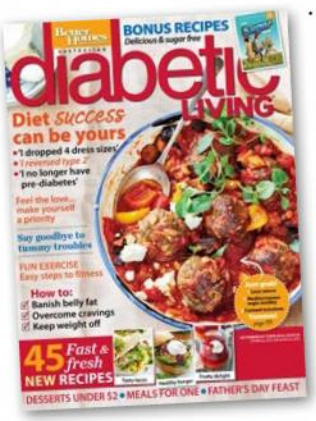

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Rise and shine

Hands up if every morning you go through the same bargaining process as I do. 'Time to get out of bed and walk,' I say silently to myself. 'But it's *sooo* cold,' I reply, snuggling lower.

And on it goes until I haul myself upright, having agreed that I can stop after 15 minutes. Of course, I usually do 30 minutes, and 40 in spring and summer, for the simple pleasure of enjoying the outdoors.

On page 96 you'll find ideas on maximising your walking pleasure as well as other outside activities to try. There's something enlivening about feeling the sun on your face and hearing the birds going about their day.

You may also be inspired by Damon and Zoe Gameau (page 112). Damon created *That Sugar Film* and he and Zoe have released a recipe book to encourage you to reduce your consumption of hidden sugars.

Interestingly, if you're prone to digestive problems, on page 108 you'll learn that reducing sugar can improve gut bacteria. As (surprise, surprise) can exercise. There's another reason to get out of bed and start moving!

Want more? Head to our website – diabeticliving.com.au – for delicious recipes, exercise tips and lots of ways to improve your wellbeing. Enjoy!

Toni

Toni Eatts, **Editor**

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You can have your say about this issue of *Diabetic Living* and tell us more about the topics you'd like to see covered. Simply visit our Facebook page (facebook.com/australiandiabeticlivingmagazine) and 'like' us to stay in the loop.

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LOOK OUT
for our next issue, on sale 6 October

3 things to try in this issue

Relieve hay fever
Spring sneezes getting you down? Our handy hay fever guide (page 124) could help you sniff out a solution.

Get up and go
Find your fitness mojo with fun ways to move more in the great outdoors (page 96). You won't even notice you're exercising!

Feel the love
If diabetes is coming between you and a loved one, turn to page 128 for expert tips on how to regroup, re-energise and reconnect.

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

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Want more recipes? Visit the *Diabetic Living* website!

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Whether you've been diagnosed with diabetes or are keen to eat well and reduce your type 2 risk, the *Diabetic Living* website has all you need to lead a healthy, balanced life, from great food ideas to easy exercise plans and emotional support

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Here to *help*

Meet our experts – they'll advise you on all aspects of your ***diabetes management***

In conversation with...

Dr Gary Deed

GP, Medical & Wellness Centre, Coorparoo, Qld

How can a GP help me manage my diabetes?
A GP helps you set goals for managing your diabetes, makes sure your medications are correct and coordinates your support team, such as your dietitian, podiatrist and diabetes educator.

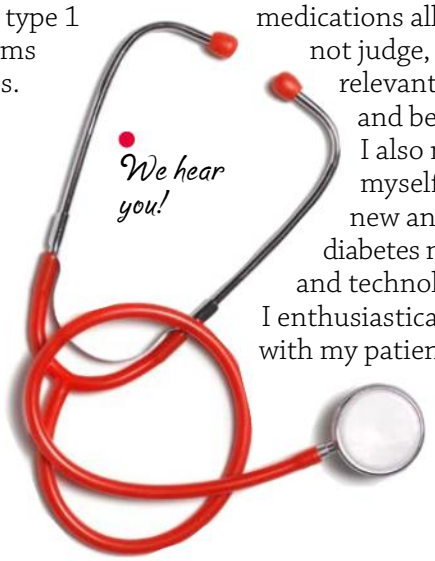
When should I see my GP, rather than my diabetes educator or endocrinologist?
Your GP is usually your first port of call as he or she writes referrals and ensures your health records are up to date. It's also your GP's job to listen to how you are managing your diabetes to make sure the other specialists are right for you. Your endocrinologist or diabetes educator will then be able to provide extra help – especially if you have type 1 or you're having problems managing your diabetes.

How often should I visit my GP?
Whenever you feel unwell, even if it's not diabetes related. Important diabetes milestones include a regular three-month blood glucose level check and an overall check-up every 12 months.

Where can I find a GP experienced in diabetes?
While your friends or diabetes support group can recommend a doctor, most GPs can manage diabetes, particularly type 2.

How much will my GP charge for a consultation?
This depends on the length of time you spend together. Some bulk-bill.

Does having type 1 yourself make it easier to relate to patients with diabetes?
It certainly makes it easy to relate to the ups and downs. Knowing the struggles to maintain accurate monitoring and taking regular medications allows me to not judge, but to ask relevant questions and be supportive. I also make myself aware of new and novel diabetes management and technology, which I enthusiastically share with my patients – always a pleasure for me!



OUR EXPERTS

Dr Kate Marsh
Dietitian and diabetes educator
Kate, who has type 1, is in private practice in Sydney. nnd.com.au

Dr Sultan Linjawi
Endocrinologist
A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW. lintanhealth.com.au

Christine Armarego
Exercise physiologist
At her clinic, Christine focuses on exercise as a way to improve BGLs. theglucoseclub.com.au

Dr Janine Clarke
Psychologist
Janine is in private practice at Mend Psychology and The Sydney ACT Centre. mendpsychology.com.au

Dr Angus Turner
Ophthalmologist
Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA. outbackvision.com.au

Danielle Veldhoen
Podiatrist
Danielle works at the Diabetes Centre at Royal Prince Alfred Hospital. ■

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star letter

GRATEFUL FOR A SILVER LINING

My type 2 diagnosis earlier this year came at the worst possible time. I had just lost my father and I was stuck in such a rut that half the time I didn't know what day it was. I was looking for healthy snacks at the supermarket when I came across *DL*. I bought my first magazine that day, and it's made managing diabetes so much easier. As well as inspiring me to cook healthy meals, reading the articles makes me feel I'm not alone; that other people are going through the same thing as me. All I have to say is thank you, *DL*, for being the silver lining in a dark cloud.
Sarah Revell, Tas

Editor's note: *Thanks, Olga! If you love someone who is living with diabetes, turn to page 128 for advice on helping them manage their condition – without neglecting your own needs.*

PEACE OF MIND

I am the daughter of a parent with type 2 and it can be challenging at times. Constant monitoring, checking and wondering whether your mum is going to get through a trip to the shops is a constant concern. With all its helpful tips and easy recipes, *DL* has helped us through. I love that there are great food ideas for people who don't have diabetes, too. Thanks for giving us peace of mind.
Olga Veprek, Qld

DL + GI = A WINNER!

My husband has had type 2 for the past two years and he has ignored my pleas to be more discerning in his choice of diet. As expected, his lifestyle has finally caught up with him and he may now need to go onto insulin. Today I purchased your wonderful magazine and have read it from cover to cover. I am encouraged by other people's journeys, along with the wealth of information regarding diet, recipes and medical issues. Your magazine will now be a regular feature in my shopping trolley, along with healthy low-GI foods, of course!
Di McMurtrie, NSW

RESTARTING GOOD HEALTH

Sometimes I think having type 2 will prolong my life because I now use the healthy recipes and sound advice from *DL*!
Jeanette Flint, NSW

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LETTERS MAY BE EDITED FOR SPACE REASONS

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Stop the assumptions!
If I had a dollar for every time I was told, 'But you don't look like a diabetic.' Really?
– Janet Savage

TOP TESTING TIP
We use alcohol-free finger wipes before testing BGLs. Alcohol can give you false readings and there is no chance of getting kids to wash with soap and water on the go or at school.
– Kim Frost

Helping hands
Yes, I have experienced diabetes burnout, but I have a very good support system to get me through my rough days.
– Jenna Barry

FLYING WITH DIABETES
The only time my husband ordered a diabetic meal, they gave him sugar-coated cereal for breakfast then asked if he wanted any sweetener to go on it. Think the catering department needs to be educated a bit more.
– Catherine Britton

Website: diabeticliving.com.au
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The BD Ultra-Fine™ 4mm Pen Needle has been shown to significantly reduce pain, is easier to use and provides a faster, more comfortable injection – especially if you have limited hand strength.[4,5,#,*]

Talk to your diabetes healthcare professional or visit your local NDSS outlet for more information osd.ndss.com.au/search/

5-bevel Technology for a more comfortable injection[4,#]

Is your injection technique hitting the mark? Take a look at our guide to find out if your pen needles are helping you in managing your diabetes.

BD pen needles are compatible with all brands of insulin pens†

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QUESTION	REASON	GUIDANCE
Do you know the brand of your insulin pen needle?	You may not be using the latest technology which can affect your injection experience. There may be needles available that are better suited to you, so it's worth investigating.	Check your current box of pen needles for the brand and length of pen needle you're using. Have a chat with your Diabetes Educator or other healthcare professional to ensure you're using the most suitable needle.
Are your needles 6mm or shorter in length?	Shorter needles reduce the risk of your medication being injected into the muscle.[1] Medication injected into muscle can result in hypos, pain, bruising and bleeding.[1-3]	Consider changing to the BD Ultra-Fine™ pen needle 4mm or BD Micro-Fine™ 5mm pen needle to ensure your medication is injected into the fat layer to avoid unnecessary complications.[1,3]
Are you using a needle with a 5-bevel tip?	Most needles feature a 3-bevel needle tip. A 5-bevel needle tip has been shown to ease into the skin with less force and is significantly less painful.[4,#]	Consider changing to a BD Ultra-Fine™ 4mm pen needle with a 5-bevel needle tip for a more comfortable injection experience.[4,5,#,*]

*Compared to standard BD thin wall needles. #Compared to BD 3-bevel pen needles †All insulin pens at February 2016.

Always consult your doctor or healthcare professional regarding treatment of your diabetes.

1. Gibney M, Arce C, Byron K, Hirsch L. Curr Med Res Opin. 2010; 26(6): 1519-1530 2. Australian Diabetes Educators Assoc. Clinical Guiding Principles for Subcutaneous Injection Technique. October 2015. 3. Frid A, Hirsch L, Gaspar R, et al. Diabetes Metab. 2010; 36: S3-S18. 4. Hirsch L, Gibney M, Berube J, Manocchio J. J Diabetes Sci Technol. 2012; 6(2): 328-335. 5. Aronson R, Gibney, Oza K. et al. Clin Ther. 2013; 35: 923–933. 6. Lo Presti D, Ingegnosi C, Strauss K. Pediatr Diabetes. 2012; 13(7): 525-533. 7. Bergenstal R, et al. Mayo Clin Proc. March 2015; 90(3): 329-338.

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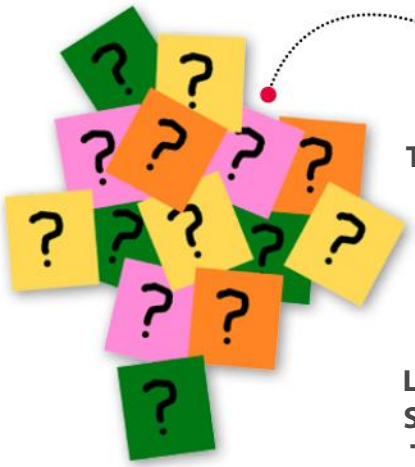

1 in 10

THE APPROXIMATE NUMBER OF ADULTS INCORRECTLY DIAGNOSED WITH TYPE 2 WHEN THEY REALLY HAVE LATENT AUTOIMMUNE DIABETES OF ADULTS, AKA LADA OR TYPE 1.5 DIABETES. SPEAK WITH YOUR GP IF YOU THINK YOU MAY HAVE BEEN MISDIAGNOSED.

FACT FILE

Pass the tissues!

Experiencing nosebleeds after a diabetes diagnosis? 'Most nosebleeds occur because of small blood vessels that are too close to the surface of the internal nasal mucosa,' says Dr Sultan Linjawi. 'People with diabetes can have high blood pressure, making it more likely these vessels will bleed. They may also be on blood thinning medications such as aspirin, which predisposes you to bleeding.' Sound familiar? Ask your care team about altering your dose.

PHOTOGRAPHY GETTY IMAGES

Ask DR LINJAWI

I have type 1 but my husband doesn't. What is the likelihood of our future children having type 1?

A: The risk of any of your future children developing type 1 is between one and four per cent, since only one parent is affected. To put this in perspective, the lifetime risk of developing type 1 for someone with no family history is about 0.4 per cent. We estimate this jumps to as high as 30 per cent when both parents are affected.

If you and your husband decide to have a family, start planning your pregnancy at least three months before trying to conceive by making an appointment with your endocrinologist. It's important to have your eye and kidney health checked too, as pre-existing complications of diabetes can be exacerbated by pregnancy. Your team may also want to stabilise your blood glucose levels (BGLs) or bring your HbA1c down to reduce the risk of any adverse outcomes for both you and bub. ➤

Dr Sultan Linjawi, endocrinologist
myhealthexplained.com.au

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

TRY THIS:

Size up your serves

Australian government guidelines recommend that all adults over the age of 18 eat two 150g serves of fruit a day. But what does a serve actually look like?

1 medium-sized apple, banana, orange or pear

2 small apricots, kiwifruits or plums

1 cup canned or diced no-added-sugar fruit

Daily bread

Love your morning toast but want to avoid post-meal blood glucose level spikes? Try *Dr Kate Marsh*'s low-GI favourites

'Choosing lower-GI carbs – those that are more slowly digested and absorbed – can help with managing blood glucose levels (BGLs), blood fats and weight, and keep you feeling full for longer,' says Dr Marsh.

'Bread is one food where the GI (Glycemic Index) really counts. The majority in supermarkets are high GI – regular white and wholemeal bread have a GI of about 70 – so reach for these products instead...'

- Bürgen Wholemeal & Seeds (GI 39)
- Bürgen Whole Grain & Oats (GI 51)
- Bürgen Soy Lin (GI 52)
- Bürgen Rye (GI 53)
- Bürgen Pumpkin Seeds (GI 51)
- Tip Top 9 Grain Original (GI 53)
- Tip Top 9 Grain Wholemeal (GI 53)
- Goodness Superfoods Better for U! Barley Wraps (GI 41)

Note: Low-GI foods have a GI of less than 55.

For more information about sidestepping post-meal BGL spikes, turn to page 116.

Ask DR MARSH

My husband's been told he needs to eat better to manage his type 2. He's been a 'meat and three veg' man for decades, and is reluctant to change his ways. What can I do?

A: While your husband needs to make the decision himself to change his diet, it might help in the short term if he understands this doesn't mean a total overhaul. Just a few key changes can make a real difference when it comes to managing diabetes, losing weight and improving health. For example, you can still serve up his meat and three veg, however make the meat serve smaller and trimmed of fat, replace potato with sweet potato and boost the quantity of greens. Or try casseroles and stews, where you can replace some of the meat with legumes and extra vegetables.

An accredited practising dietitian (APD) can help him identify the parts of his diet that need modifying the most, while keeping in mind his preferences. Hopefully, once he feels better as a result of these changes, it'll motivate him to continue. ➤

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

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HOW TO...

pick your perfect footwear

Wearing the right shoes and socks can make all the difference to your workout, says *DL* podiatrist *Danielle Veldhoen*. Consider these top tips before you shop

1 There are different shoes for every foot type, so have your feet examined before buying. A podiatrist or an assistant in the shoe store can do this for you.

2 Select a shoe that is right for your chosen activity (walking, running, cycling, tennis and so on) because each activity requires different features.

3 Have both your feet measured properly since one can be different from the other. Your feet can also change over time. When it's time to buy, choose shoes that fit your largest foot.

4 Try to shop for footwear towards the end of the day as your feet can swell and expand, which will affect the fit.

5 Try on new shoes wearing your regular socks or new socks you intend to wear. If you have orthotics, try them in the shoes, too, as they will affect the fit.

6 Make sure your footwear is comfortable and the correct length, width and depth to avoid rubbing on toes and heels slipping. New shoes should not need 'breaking in'.

7 If you have feet that are difficult to fit into regular shoes, seek advice from a podiatrist about buying medical-grade footwear.

WHY DON'T YOU... match your new workout shoes with supportive and non-binding Reflexa Diabetic Socks. Visit reflexa-socks.com.au for more information.

17

THE NUMBER OF KILOJOULES YOU CAN BURN FOR EACH MINUTE OF BOWLING. STEEEE-RIKE!

Ask CHRISTINE

Which exercises can help me improve my balance?

A: Balance deteriorates if you're not using it, leading to fear of falling and, in turn, loss of muscle mass and further loss of balance. The best way to improve it is to work it regularly. Try these easy exercises:

STEP 1: Practise standing with your feet in a heel-toe position (like you're on a tightrope) or stand on one foot. These postures challenge your vestibular system, which helps you stay balanced. You will wobble, but that's the idea. Stand next to a support if you want extra stability.

STEP 2: Stand on something soft (like sand) or uneven (like an old pillow). This encourages ankle strength and better response to changing surfaces. You may find it difficult if you have peripheral neuropathy, but rest assured it's still a safe exercise.

STEP 3: Once you're good at holding a posture – like standing with feet together – try closing your eyes. Your vestibular system and feet will have to keep you upright. Do this near a support and open your eyes if you feel unable to regain your balance. ➤

Christine Armarego,
accredited exercise physiologist

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Exercise, GPO Box 7805, Sydney, NSW 2001.

PHOTOGRAPHY GETTY IMAGES

Leap into life with type 2 diabetes

Participate in the SpringboarD research project

Living with type 2 diabetes can sometimes feel overwhelming and stressful, yet there are ways to minimise these impacts. Researchers at Sydney's Black Dog Institute are working with UNSW Australia and University of Melbourne to study whether an online self-help tool can help people with type 2 diabetes build strong minds and live healthier and more active lives.

The benefits of a healthy mind for people with type 2 diabetes are clear. So why not get involved?

To learn more about the SpringboarD project and/or to sign up for free, visit **https://springboard.blackdoghealth.org.au** or email **springboard@unsw.edu.au**

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GAME ON!

NAME Mission T1D app
FOR Ages 9-11
WHAT IT IS This adventure game teaches players about type 1 as they battle a dastardly villain to save a group of schoolkids.
PRICE Free on the App Store or Google Play.
For more diabetes-friendly apps, turn to page 20.

Let's talk about (type 1) sex

From contraception to hypos in the bedroom, *DL* psychologist *Dr Janine Clarke* explains how to navigate 'the talk' with type 1 teens

DON'T DELAY IT Your teen doesn't have to be in a relationship for you to start talking about sex. In fact, hypothetical conversations about sensitive issues can be more comfortable for teens.

BUT DON'T OVERLOAD THEM WITH INFO You don't need to discuss everything at once. Lecturing a teen is likely to over-dramatise sex, and can potentially make very normal developmental milestones seem scary.

MAKE IT PART OF YOUR EVERYDAY CHATTER Normalise discussions about sex by weaving the topic into conversation. Stories on TV provide regular opportunities to check in with your teens about how they feel and what they know. Be prepared for them to have a storehouse of information on the topic, and take the opportunity to correct any misinformation.

STAY OPEN AND HONEST Be frank with your teen about unprotected sex, pregnancy, contraception, sexually transmitted diseases and 'sexting' (sending and receiving sexually explicit material via social media). They'll also benefit from knowing that:

- Vigorous sexual activity may increase the risk of a hypo.
- High blood glucose levels (BGLs) can make thrush (a reasonably common vaginal infection) more likely.
- Girls with type 1 are able to take the contraceptive pill.
- If a pump is disconnected during sex (so cords don't get tangled or uncomfortable), it needs to be reattached as soon as possible. Setting a reminder to do this is helpful.

Ask ELISSA

My daughter starts Year 12 soon. Do you have any tips for keeping her diabetes management on track while she sits her exams?

A: My two eldest sons, Sam and Billy, completed Year 12 while managing type 1, and my third son, Charlie, who also has type 1, is now in Year 12. They all say that blood glucose monitoring is key during exams.

The older boys aimed for blood glucose levels (BGLs) of about 8mmol/L right before their exams to ensure they didn't drop too low. Talk to your daughter's GP about which target is right for her.

After approval from the school, they also filled an empty Diabete-ezy Test-wipes dispenser box with jelly beans to keep in their pockets on exam day, in case they felt low.

If your daughter has a hypo and can't continue with an exam, she may need to present a medical certificate and request the exam be rescheduled. The bottom line? Keep the lines of communication open with your daughter's school. ■

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Ask About Your Kids, GPO Box 7805, Sydney, NSW 2001.

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Get appy

Diabetes management, 21st-century style, is just a tap away with these clever apps. *DL* diabetes educator ***Dr Kate Marsh*** gives you the lowdown

Accu-Chek Connect

Cost: Free on the App Store or Google Play (requires bluetooth)

Great for those with type 1, link this app to the Accu-Chek Aviva Connect blood glucose meter, then when you check your blood glucose levels (BGLs), the results are transferred wirelessly to the app. You can then:

- Use the bolus advisor to help calculate insulin doses (this needs to be set up by your doctor or diabetes educator).
- Record your food intake and exercise.
- Create an Accu-Chek Connect online portal account to review data and generate reports to share with others.

Diabetes Australia App

Cost: Free on the App Store or Google Play

Want to know the location of your nearest healthcare provider? Looking for the latest diabetes research? It's all a tap away with Diabetes Australia's free app. It also includes:

- News/health articles.
- Information about when to see your healthcare professionals.
- Diabetes-friendly tasty recipes.
- A 30-minute yoga class by Diabetes Australia ambassador Sammy Veall.
- An Australia-wide events directory of programs and services available in your area.

Australian Carb Counter

The Traffic Light Guide to Food

Cost: $9.99 on the App Store or Google Play

This handy app can help you count carbs more easily and efficiently. It features:

- More than 2000 foods in 17 categories.
- Well-known Australian brands, restaurant, takeaway and fast foods.
- The ability to calculate the total carb content of your meal.
- The option of measuring carbs in grams, exchanges (10g) or portions (15g).
- The option of using predefined portion sizes or entering the precise gram amount.

MedicineList+

Cost: Free on the App Store or Google Play

Developed by NPS MedicineWise, this app can help you stay on track with your medication intake by:

- Reminding you how and when you need to take your meds.
- Helping everyone involved in your health care to know which medicines you use so they can be checked and reviewed.
- Editing, updating and printing a list of your medicines.
- Setting calendar alerts for refilling prescriptions.
- Providing vital information about your medicines in an emergency situation. ■

PHOTOGRAPHY GETTY IMAGES

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NovoFine® needles are for single use. Remember to use a new needle every time. Please see your healthcare professional for any further information about your diabetes treatment. NovoFine® needles are for use with drug pen injectors. Reference: 1. National Diabetes Services Scheme (NDSS) Data (October 2015). ® Registered trademark of Novo Nordisk A/S. Novo Nordisk Pharmaceuticals Pty. Ltd. ABN 40 002 879 996, Level 3, 21 Solent Circuit, Baulkham Hills NSW 2153. www.novonordisk.com.au. AU/NFE/0316/0002c. INK2551-04_DL. March 2016.

Easy does it

Cook like a TV chef with *Better Homes and Gardens'* ***'Fast Ed' Halmagyi.*** His speedy, diabetes-friendly mains are sure to become your latest kitchen faves!

'I love creating tasty and nutritious dishes for my family,' says renowned chef and *Better Homes and Gardens* TV show presenter 'Fast Ed' Halmagyi.

'It doesn't take a lot of time or money to eat well,' he adds. 'So whether you are managing diabetes, want to prevent diabetes or you're just looking for some healthy dishes to add to your cooking repertoire, you'll love these recipe ideas!'

Chicken tikka

PREPARATION TIME: 15 MINS
PLUS OVERNIGHT MARINATING
COOKING TIME: 10 MINS
SERVES 4 (AS A MAIN)

70g (¼ cup) plain yoghurt
Freshly squeezed juice of ½ lemon
8 cloves garlic, crushed
5cm piece ginger, peeled, finely grated
1 Tbsp olive oil
1 Tbsp sweet paprika
3 tsp garam masala
1½ tsp ground cumin
Freshly ground black pepper, to season
800g chicken thigh fillets, trimmed of fat, halved
Thinly sliced red onion, to serve
Coriander leaves, to serve
Lemon cheeks, to serve

Salad

50g (2 cups) baby spinach leaves
200g punnet cherry tomatoes, halved
1 Lebanese cucumber, thinly sliced
1 carrot, cut into short, thin sticks
Low-fat salad dressing or gluten-free salad dressing, to serve (optional)

1 Put yoghurt, lemon juice, garlic, ginger, oil, paprika, garam masala and cumin in a large bowl. Season with pepper and whisk to combine. Add chicken and turn to coat. Cover with plastic wrap and refrigerate overnight to marinate.

2 Preheat a barbecue grill to medium. Thread chicken pieces onto 8 long metal skewers. Add to barbecue and cook, turning once, for 8 minutes or until chicken is cooked through.

3 To make the salad, put spinach, tomato, cucumber and carrot in a bowl and toss to combine. Drizzle with salad dressing, if using, and toss to combine.

4 Divide chicken skewers between shallow serving bowls. Sprinkle over onion and coriander leaves. Serve with lemon cheeks and salad. ➤

nutrition info

PER SERVE 1477kJ, **protein** 40g, **fat** 16.2g (sat. fat 4.2g), **carbs** 9g, **fibre** 6g, **sodium** 175mg. • **Carb exchanges** ⅔. • **GI estimate** low. • **Gluten-free option**.

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SEE MORE OF ED

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, read *Better Homes and Gardens* and tune in to the *BHG* TV show on Channel 7. Check your local TV guide for scheduling information.

Fast Ed says spring is the best time to enjoy Australian lamb. 'It's light, delicious and perfect for when the weather starts to warm up,' he adds.

'Grab some garden-fresh vegies to make a simple stew and don't forget the mint sauce, although this time you're making your own!'

Italian capsicum stew with chargrilled lamb cutlets

PREPARATION TIME: 15 MINS
COOKING TIME: 25 MINS
SERVES 4 (AS A MAIN)

Finely grated zest of 2 lemons
2 sprigs rosemary, leaves chopped
1 Tbsp olive oil
Freshly ground black pepper, to season
12 small French-trimmed lamb cutlets, trimmed of fat
3 mixed capsicums (red, yellow and green)
2 red onions, sliced
6 cloves garlic, crushed
2 tsp drained capers
1 Tbsp raisins, chopped
60ml (¼ cup) sweet sherry
60ml (¼ cup) white wine vinegar
1 bunch mint, leaves picked, chopped
1 Tbsp lime marmalade

1 Put lemon zest, rosemary and 2 tsp of the oil in a shallow dish. Season with pepper and stir to combine. Add lamb and turn to coat. Set aside for 10 minutes to marinate.
2 Meanwhile, preheat a barbecue grill or chargrill pan on medium-high. Add capsicums and cook, turning once, for 6-7 minutes or until skins blacken. Transfer to a bowl and cover with a plate or piece of foil. Set aside for 10 minutes to cool slightly. Peel and discard seeds. Cut flesh into strips.
3 Heat remaining oil in a medium saucepan over a medium heat. Add onion, garlic, capers and raisins and cook, stirring occasionally, for 5 minutes or until onion softens. Add capsicum strips, sherry and 1 Tbsp of the vinegar. Reduce heat to low and simmer, uncovered, for 5-10 minutes or until mixture thickens. Set aside.
4 Put mint, marmalade and remaining vinegar in a jug and puree with a stick blender (alternatively you can process in a small food processor). Set aside.
5 Preheat a barbecue grill or chargrill pan to medium-high. Drain lamb and add to grill. Cook for 3 minutes, turning once, for medium or until cooked to your liking.
6 Divide capsicum mixture between shallow serving bowls. Top with lamb and drizzle over mint sauce. Serve. ■

nutrition info

PER SERVE 1382kJ, **protein** 24g, **fat** 13g (sat. fat 3.8g), **carbs** 21g, **fibre** 8g, **sodium** 121mg. • **Carb exchanges** 1½. • **GI estimate** low. • **Gluten free.**

NUTRITION INFO LISA URQUHART, DIETITIAN **PHOTOGRAPHY** OMID, ANDRE MARTIN
STYLING JANE COLLINS, STEPHANIE SOUVLIS **FOOD PREPARATION** MANDY SINCLAIR, SARAH-JANE HALLETT

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MIDWEEK *treats*

Raid the pantry, fridge and freezer for these dishy delights – ***cheap and cheerful*** never tasted so good!

$1.05 per serve

Creamy tapioca with warm cinnamon cherries

Diving for pearls is very rewarding (and getting there is fun too!).

see recipe, page 32 >>

How our food works for you
see page 88

nutrition info

PER SERVE 794kJ, **protein** 7g, **total fat** 1.7g (sat. fat 0.8g), **carbs** 36g, **fibre** 1g, **sodium** 60mg.

- **Carb exchanges** 2⅓.
- **GI estimate** medium.
- **Gluten-free option.**

nutrition info

PER SERVE (with sugar) 560kJ, **protein** 4g, **total fat** 1.4g (sat. fat 0.5g), **carbs** 25g, **fibre** 2g, **sodium** 134mg.
- **Carb exchanges** 1⅔.
- **GI estimate** medium.

PER SERVE (with sugar substitute) 370kJ, **protein** 4g, **total fat** 1.4g (sat. fat 0.5g), **carbs** 14g, **fibre** 2g, **sodium** 134mg.
- **Carb exchanges** 1⅔.
- **GI estimate** medium.

$0.55 per serve

Lemon, raspberry and ricotta cake

Berry bliss that's quick to make but 'wow' on the plate. Winning!

see recipe, page 32 >>

$0.60 per serve

Plum and almond slice

Rich fruit crowns make these fit for a queen.

see recipe, page 32 >>

nutrition info

PER SERVE (with sugar) 662kJ, **protein** 4g, **total fat** 5.5g (sat. fat 1.2g), **carbs** 23g, **fibre** 2g, **sodium** 127mg.
- **Carb exchanges** 1½
- **GI estimate** medium.

PER SERVE (with sugar substitute) 533kJ, **protein** 4g, **total fat** 5.5g (sat. fat 1.2g), **carbs** 15g, **fibre** 2g, **sodium** 127mg.
- **Carb exchanges** 1½.
- **GI estimate** medium.

$1.30 per serve

Mango and raspberry jelly parfaits

It's hard to choose which layer of yum to love the most. We'll settle for both!

see recipe, page 33 >>

nutrition info

PER SERVE 445kJ, **protein** 2g, **total fat** 0.3g (sat. fat 0.1g), **carbs** 22g, **fibre** 3g, **sodium** 37mg.

- **Carb exchanges** 1½.
- **GI estimate** medium.
- **Gluten free.**

gluten free

For more great recipes visit diabeticliving.com.au

$1.10 per serve

Blackberry and coconut pancakes

You'll flip out over these fruity little hotties.

see recipe, page 34 >>

nutrition info

PER SERVE 671kJ, **protein** 8g, **total fat** 3.7g (sat. fat 1.7g), **carbs** 21g, **fibre** 5g, **sodium** 166mg.

- **Carb exchanges** 1⅓ .
- **GI estimate** medium.

$1.70 per serve

Pear tiramisu

Lighten things up with yoghurt and pear – no cooking required!

see recipe, page 34 >>

nutrition info

PER SERVE 571kJ, **protein** 5.2g, **total fat** 1.8g (sat. fat 1g), **carbs** 23g, **fibre** 3g, **sodium** 36mg.

- **Carb exchanges** 1½.
- **GI estimate** medium.

Chop, dip and layer **your way to this mega 'misu. A little *CHILLING* and it's all done!**

Creamy tapioca with warm cinnamon cherries

PREPARATION TIME: 10 MINS PLUS 1 HOUR SOAKING
COOKING TIME: 20 MINS
SERVES 6 (AS AN OCCASIONAL DESSERT)

100g pearl tapioca
500ml (2 cups) low-fat milk
250ml (1 cup) water
60g (¼ cup) caster sugar
1 tsp vanilla extract

Warm cinnamon cherries
2 tsp cornflour or gluten-free cornflour
1 Tbsp water
415g can black pitted cherries in syrup, undrained
Pinch ground cinnamon

1 **Put tapioca,** milk, water, sugar and vanilla in a saucepan. Set aside for 1 hour to allow tapioca to soak.
2 **Bring tapioca mixture** to a simmer over a medium heat. Cook, stirring often, for 10-15 minutes or until tapioca pearls are translucent and the mixture is thick and creamy. Divide between 6 small serving glasses.
3 **To make warm cinnamon cherries,** combine cornflour and water in a small bowl. Put cherries and cinnamon in a small saucepan. Stir in cornflour mixture. Cook, stirring often, over a medium heat for 3-4 minutes or until mixture thickens and comes to a simmer. Cook, stirring often, for 1 minute.
4 **Spoon cherry mixture** over tapioca mixture. Serve warm or at room temperature.

Lemon, raspberry and ricotta cake

PREPARATION TIME: 10 MINS
COOKING TIME: 35 MINS
SERVES 12 (AS A DESSERT)

Cooking spray
150g Pantalica Smooth Light Ricotta Cheese
Finely grated zest of 2 lemons
160g (⅔ cup) caster sugar or granulated sugar substitute
1 tsp vanilla extract
2 x 50g eggs
60ml (¼ cup) freshly squeezed lemon juice
2 Tbsp low-fat milk
115g (¾ cup) wholemeal self-raising flour
75g (½ cup) self-raising flour
120g (1 cup) frozen raspberries, broken in half while still frozen
Extra raspberries, to serve (optional)

1 **Preheat oven** to 170°C (fan-forced). Spray a 20cm (base measurement) round cake tin with cooking spray. Line base and sides with baking paper.
2 **Whisk ricotta,** lemon zest, sugar and vanilla in a medium bowl until smooth. Whisk in eggs, lemon juice and milk. Set aside. Combine flours in a medium bowl. Add raspberries and toss to coat. Add flour mixture to ricotta mixture and stir with a wooden spoon until combined.
3 **Pour mixture** into prepared tin and smooth the surface. Bake for 30-35 minutes or until golden and a skewer inserted into the centre of cake comes out clean. Set aside in the tin for 10 minutes. Turn out onto a wire rack to cool. Serve with extra raspberries, if using.

Plum and almond slice

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 12 (AS A DESSERT)

Cooking spray
115g (¾ cup) self-raising flour
40g (¼ cup) wholemeal self-raising flour
30g (¼ cup) almond meal
110g (½ cup) caster sugar or granulated sugar substitute
170g tub Chobani 0.5% fat plain yoghurt
80g light margarine, melted
1 tsp vanilla extract
50g egg, whisked
6 whole drained canned plums, halved, stones removed
Icing sugar, for dusting (optional)

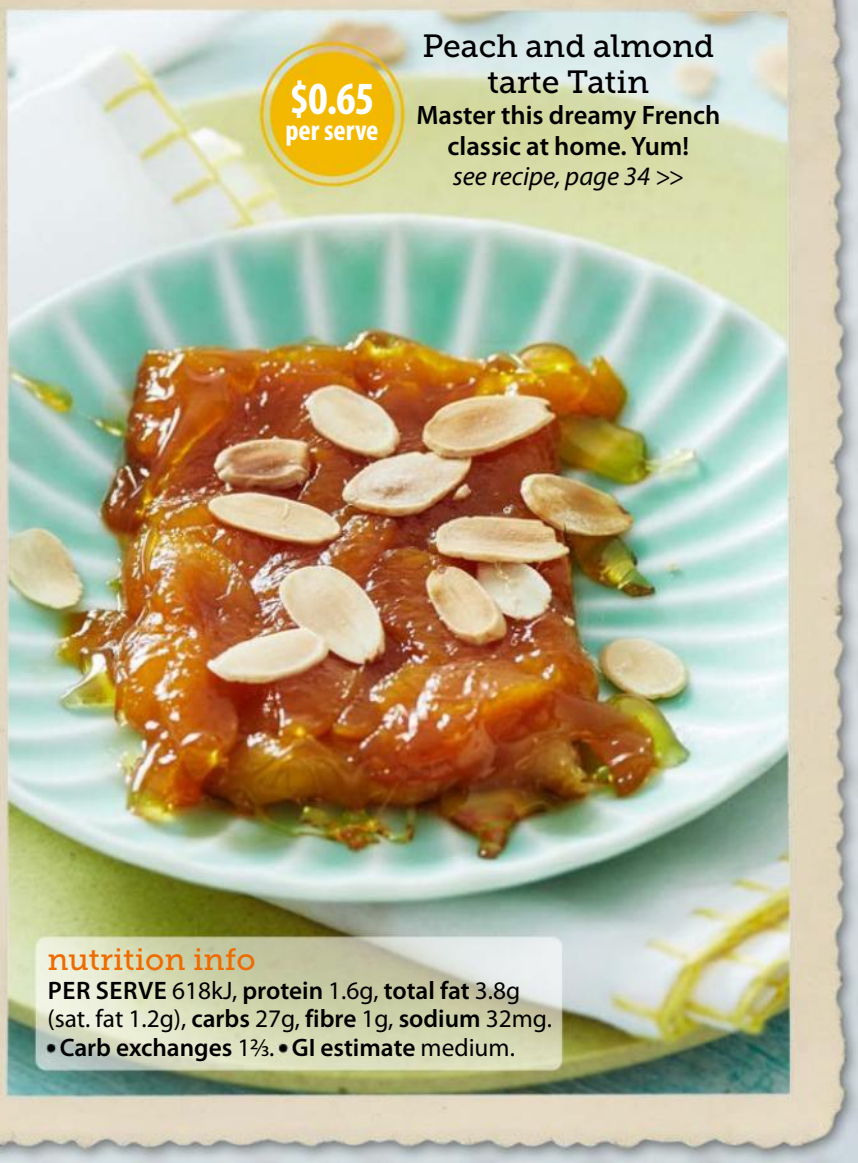
1 **Preheat oven** to 180°C (fan-forced). Spray a 16 x 26cm (base measurement) slice tin with cooking spray. Line base and sides with baking paper, allowing paper to overhang sides.
2 **Combine flours,** almond meal and sugar in a large bowl. Set aside. Whisk yoghurt, margarine, vanilla and egg in a small bowl. Add yoghurt mixture to flour mixture and stir well. Pour mixture into prepared tin and smooth the surface.
3 **Arrange plum halves,** cut-side down, evenly over batter, pushing down slightly. Bake for 20 minutes or until the top is golden and a skewer inserted into the centre of cake comes out clean. Set aside in the tin for 10 minutes before lifting out onto a wire rack. Dust with icing sugar, if using, and serve warm or at room temperature.

Mango and raspberry jelly parfaits

PREPARATION TIME: 10 MINS PLUS 6 HOURS CHILLING
COOKING TIME: NIL
SERVES 4 (AS A DESSERT)

1 sachet Aeroplane Jelly Lite Tea Infusions Orange Blossom or Peach Tea jelly
500ml (2 cups) boiling water
500ml (2 cups) cold water
425g can mango slices in syrup, drained, thinly sliced
1 sachet Aeroplane Jelly Lite Tea Infusions Raspberry Licorice jelly
120g (1 cup) frozen raspberries
70g (¼ cup) low-fat vanilla yoghurt, to serve
Extra frozen raspberries, to serve (optional)

1 Put orange blossom jelly crystals in a large heatproof jug. Add 250ml (1 cup) of the boiling water and stir until crystals dissolve. Stir in 250ml (1 cup) of the cold water. Pour jelly evenly between 4 serving glasses. Divide mango between glasses. Put glasses on a tray and refrigerate for 2 hours or until jelly is just set.
2 Put raspberry licorice jelly crystals in a large heatproof jug. Add remaining boiling water and stir until crystals dissolve. Stir in remaining cold water. Pour mixture carefully over orange blossom jelly. Sprinkle over frozen raspberries. Return to fridge and chill for 3-4 hours or until set.
3 Remove serving glasses from fridge. Spoon over yoghurt and sprinkle over extra raspberries, if using. Serve. ➤



Peach and almond tarte Tatin

Master this dreamy French classic at home. Yum!
see recipe, page 34 >>

nutrition info
PER SERVE 618kJ, **protein** 1.6g, **total fat** 3.8g (sat. fat 1.2g), **carbs** 27g, **fibre** 1g, **sodium** 32mg. • **Carb exchanges** 1⅔. • **GI estimate** medium.

Share the love **and bask in the compliments. Sweet *SUCCESS* boosts that feelgood factor!**

Blackberry and coconut pancakes

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 4 (AS A DESSERT)

80g (½ cup) wholemeal self-raising flour
25g (¼ cup) coconut flour
125g (1 cup) frozen blackberries, broken into pieces while still frozen
50g egg
185ml (¾ cup) coconut water
Cooking spray
2 Tbsp low-fat vanilla yoghurt, to serve
1 Tbsp shredded coconut, toasted, to serve

1 **Combine flours** in a medium bowl. Add blackberries to flour mixture and toss to coat. Set aside. Whisk egg and coconut water in a small bowl. Add to flour mixture and stir well.
2 **Spray a large non-stick frying pan** with cooking spray. To make 1 pancake, add 2 Tbsp of batter to the pan. Repeat 3 times to cook 4 pancakes at once. Cook for 2 minutes or until bubbles appear on the surface. Turn over and cook for a further 1 minute or until cooked. Transfer to a plate and cover loosely with foil. Repeat with remaining batter in two more batches to make 12 pancakes in total.
3 **Arrange 3 pancakes** on each serving plate. Top each with 2 tsp yoghurt and sprinkle over a little toasted coconut. Serve.

Pear tiramisu

PREPARATION TIME: 10 MINS PLUS 1 HOUR CHILLING
COOKING TIME: NIL
SERVES 6 (AS A DESSERT)

250ml (1 cup) freshly brewed coffee, cooled
60ml (¼ cup) freshly squeezed orange juice
100g sponge finger biscuits, each cut into 5 pieces
700g container pear slices in juice, drained
260g (1 cup) Chobani vanilla yoghurt
Cocoa powder, for dusting

1 **Put coffee and orange juice** in a shallow dish and stir to combine. Take half the sponge finger pieces and dip them in the coffee mixture. Divide pieces between 6 small serving glasses. Top with half the pear slices then half the yoghurt. Dust with a little cocoa powder.
2 **Dip remaining biscuits** in remaining coffee mixture and arrange on top of cocoa powder. Top with remaining pear slices and yoghurt. Cover glasses with plastic wrap and refrigerate for 1 hour to chill.
3 **Dust tops** with a little cocoa powder and serve.

Peach and almond tarte Tatin

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
SERVES 8 (AS A DESSERT)

Cooking spray
700g container peach slices in natural juice, drained, cut lengthways into thin slices
110g (½ cup) caster sugar
2 Tbsp water
1 sheet 25% reduced-fat puff pastry, thawed
1 Tbsp flaked almonds, toasted, to serve

1 **Preheat oven** to 200°C (fan-forced). Spray a 16 x 26cm (base measurement) slice tin with cooking spray. Line tin with baking paper, allowing paper to overhang sides. Arrange peach slices over the base of prepared pan, overlapping slices slightly.
2 **Put sugar and water** in a small saucepan and cook, stirring, over a low heat until sugar dissolves. Bring mixture to a simmer, using a pastry brush dipped in water to brush down any sugar crystals that form. Cook for 6-7 minutes, without stirring, or until mixture is light golden brown. Pour over peach.
3 **Lay pastry sheet** over peach, pressing down around the fruit to completely cover. Trim edges, allowing pastry to come a little way up the sides of the pan. Tuck in pastry edges. Bake for 15-18 minutes or until pastry is golden.
4 **Turn out** onto a serving platter. Sprinkle with almonds and serve. ■

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** ROB PALMER **STYLING** KRISTEN WILSON **FOOD PREPARATION** EMMA BRAZ

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Apple, almond and cranberry potato salad

Catch some crunch with this nutty combo. How sweet it is!

see recipe, page 42 >>

How our food works for you
see page 88

nutrition info

PER SERVE 1536kJ, **protein** 25g, **total fat** 14.3g (sat. fat 1.6g), **carbs** 29g, **fibre** 9g, **sodium** 396mg.

- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten-free option.**

Prawn, couscous, pomegranate and mint salad
What better bed for prawns than pearls and rubies?
see recipe, page 42 >>

nutrition info
PER SERVE 1463kJ, **protein** 22g, **total fat** 11.4g (sat. fat 1.6g), **carbs** 32g, **fibre** 16g, **sodium** 497mg.
- **Carb exchanges** 2.
- **GI estimate** low.

50 *shades of* GREEN

If you think salad is simply a side, think again! These satisfying superbowls are good enough to take centre stage. ***Lettuce show you how...***

Corn, buckwheat and tomato salad with chicken meatballs

Feeling clucky? Take the humble chook for a spin.

see recipe, page 44 >>

nutrition info

PER SERVE 1576kJ, **protein** 30g, **total fat** 11.8g (sat. fat 3.3g), **carbs** 30g, **fibre** 13g, **sodium** 271mg.

- **Carb exchanges** 2.
- **GI estimate** low.

GOOD for YOU

Add taste, texture and extra nutrition oomph with sunflower seeds. While they're 50 per cent fat, most of it is the 'good' types of fat, which have been linked to a lower risk of heart disease. Better still, just a sprinkle goes a long way. Win-win!

nutrition info

PER SERVE 1560kJ, **protein** 11g, **total fat** 15.1g (sat. fat 2.7g), **carbs** 40g, **fibre** 12g, **sodium** 250mg.

- **Carb exchanges** 2⅔.
- **GI estimate** low.
- **Gluten-free option.**

Rice, avocado and sprout salad

Mix it, dress it, savour it… Really, it's that simple!

see recipe, page 44 >>

nutrition info

PER SERVE 1341kJ, **protein** 20g, **total fat** 13.3g (sat. fat 3.7g), **carbs** 26g, **fibre** 8g, **sodium** 440mg.

- **Carb exchanges** 1⅔.
- **GI estimate** medium.

lower carb

Asian pork and noodle salad

Serve up a continent of flavour with this savoury feast.

see recipe, page 44 >>

Poached chicken, watermelon and cucumber salad

Using your melon makes it easy to go green.

see recipe, page 45 >>

lower carb

gluten free

nutrition info

PER SERVE 1031kJ, **protein** 26g, **total fat** 7.6g (sat. fat 1.5g), **carbs** 14g, **fibre** 7g, **sodium** 584mg.

- **Carb exchanges** 1.
- **GI estimate** medium.
- **Gluten free.**

Apple, almond and cranberry potato salad

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A LIGHT MEAL)

200g baby Carisma potatoes, cut into thin wedges
60ml (¼ cup) water plus 2 Tbsp extra
1 bunch asparagus, woody ends trimmed
2 Tbsp dried cranberries
1 large red apple, thinly sliced
40g (1½ cups) rocket leaves
210g can red salmon, drained, skin and bones removed, flaked
20g slivered almonds, toasted (see Cook's tips)

Dressing

1 tsp almond or olive oil
Freshly squeezed juice of ½ lemon
1 tsp Dijon mustard or gluten-free mustard
Freshly ground black pepper, to season

1 Put potato and 60ml (¼ cup) water in a medium microwave dish. Cover and cook on high/100% for 4 minutes or until just tender (if you prefer, you can steam the potato). Drain well and set aside. Add asparagus and extra water to dish. Cover and cook on high/100% for 2 minutes. Drain and rinse under cold water until cold. Diagonally slice asparagus.
2 Put potato, asparagus, cranberries, apple and rocket in a medium bowl. Toss to combine. Add salmon and toss gently. Divide between serving bowls.
3 To make dressing, whisk all ingredients together in a bowl.
4 Drizzle dressing over salad. Sprinkle over almonds and serve.

COOK'S TIPS

- **To toast almonds, spread out in a single layer on an oven tray lined with baking paper. Bake for 7-8 minutes in an oven preheated to 170°C (fan-forced), turning once, or until light golden brown.**
- **If you like, you can replace the Carisma potatoes with orange sweet potato and the salmon with canned tuna in springwater.**

Prawn, couscous, pomegranate and mint salad

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 2 (AS A LIGHT MEAL)

40g (¼ cup) Blu Gourmet Pearl Couscous
125ml (½ cup) water
2 green shallots, chopped
1 Lebanese cucumber, finely chopped
Seeds of ½ pomegranate
2 cups mint leaves, torn
60g snow peas, shredded
Cooking spray
250g green prawns, peeled and deveined, tails intact
2 Tbsp Table of Plenty Dukkah Lemon & Herb Nut & Spice Blend
1 tsp olive oil

Dressing

Zest and freshly squeezed juice of ½ orange
2 tsp extra virgin olive oil
Freshly ground black pepper, to season

1 Put couscous and water in a small saucepan. Cover and bring to a simmer over a medium heat. Reduce heat to low and cook, covered, for 10-12 minutes or until couscous is tender and all the liquid is absorbed. Rinse under cold water. Transfer to a medium bowl.
2 Meanwhile, to make dressing, whisk all ingredients together in a small bowl and set aside.
3 Add shallots, cucumber, pomegranate seeds, mint and snow peas to couscous. Toss to combine and set aside.
4 Put prawns on a large plate. Spray both sides of prawns with cooking spray. Sprinkle over dukkah and turn prawns to coat. Heat oil in a large non-stick frying pan over a medium-high heat. Add prawns and cook for 2 minutes on each side or until cooked through.
5 Add dressing to couscous mixture and toss to combine. Divide salad between serving plates or bowls. Sprinkle over prawns and serve. ➤

nutrition info

PER SERVE 1461kJ, **protein** 12g, **total fat** 11.5g (sat. fat 2.3g), **carbs** 44g, **fibre** 10g, **sodium** 136mg.

- **Carb exchanges** 3.
- **GI estimate** low.
- **Gluten-free option.**

Roasted vegetable pesto pasta

Your oven ups the flavour factor in this filling feed.

see recipe, page 45 >>

Corn, buckwheat and tomato salad with chicken meatballs

PREPARATION TIME: 15 MINS
COOKING TIME: 25 MINS
SERVES 2 (AS A LIGHT MEAL)

50g (¼ cup) buckwheat
185ml (¾ cup) boiling water
1 corncob, husk and silk removed
60ml (¼ cup) water
250g grape tomatoes, halved
1 cup basil leaves
30g low-fat feta, crumbled

Chicken meatballs

125g chicken breast mince
1 clove garlic, crushed
1 egg yolk (from 50g egg)
20g (¼ cup) fresh breadcrumbs, made from day-old grain bread
¼ tsp olive oil

Dressing

½ cup basil leaves, finely chopped
1 clove garlic, crushed
1 tsp extra virgin olive oil
Freshly squeezed juice of ½ lemon

1 Rinse buckwheat in a sieve under cold running water until water runs clear. Transfer to a small saucepan along with boiling water. Bring to the boil over a high heat. Reduce heat to medium and cook, partially covered, for 25 minutes or until tender. Drain and rinse well.
2 Meanwhile, put corn and water in a shallow microwave bowl. Cover and cook on high/100% for 4 minutes or until tender. Drain well and set aside to cool slightly. Using a sharp knife, cut corn from cob and set aside.
3 To make chicken meatballs, combine mince, garlic, egg yolk and breadcrumbs in a small bowl. Using wet hands, shape mixture into 14 small balls. Heat oil in a large non-stick frying pan over a medium-high heat. Add meatballs and reduce heat to medium. Cook, turning often, for 6-7 minutes or until cooked through.
4 To make dressing, put basil and garlic in a small bowl. Stir in oil and lemon juice.
5 Put buckwheat, corn, tomato, basil and feta in a large bowl. Add meatballs and dressing. Toss to combine. Divide between shallow serving bowls. Serve.

Rice, avocado and sprout salad

PREPARATION TIME: 15 MINS
COOKING TIME: 5 MINS
SERVES 2 (AS A LIGHT MEAL)

½ x 250g pkt SunRice Brown Steamed Rice, heated following pack instructions
½ x 400g can cannellini beans, rinsed and drained
70g (1 cup) finely shredded red cabbage
1 small carrot, coarsely grated
½ cup flat-leaf parsley leaves, roughly chopped
½ small avocado, chopped
110g (¾ cup) Crunchy Combo Sprouts
1 Tbsp sunflower seeds

Lemon dressing

Zest of ½ lemon
Freshly squeezed juice of 1 lemon
1 tsp wholegrain mustard or gluten-free mustard
1 tsp extra virgin olive oil
Freshly ground black pepper, to season

1 Combine rice, beans, cabbage, carrot, parsley, avocado and sprouts in a medium bowl.
2 To make lemon dressing, whisk all ingredients together in a bowl.
3 Add dressing to salad and toss to combine. Divide between serving bowls. Sprinkle over sunflower seeds and serve.

Asian pork and noodle salad

PREPARATION TIME: 10 MINS
PLUS 15 MINS STANDING
COOKING TIME: 5 MINS
SERVES 2 (AS A LIGHT MEAL)

40g bean thread vermicelli
1 tsp olive oil
150g Heart Smart pork mince
3cm piece ginger, peeled, finely chopped
2 cloves garlic, finely chopped
1 cup bean shoots
1 cup coriander leaves
1 carrot, cut into short, thin strips
½ capsicum, cut into short, thin strips

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** ROB PALMER **STYLING** KRISTEN WILSON **FOOD PREPARATION** EMMA BRAZ

Dressing

2 tsp sweet chilli sauce
1 tsp olive oil
1 tsp fish sauce
Zest of ½ lime
Freshly squeezed juice of 1 lime

1 Put vermicelli in a medium bowl and cover with plenty of cold water. Set aside for 15 minutes to allow noodles to soften. Drain well and cut into shorter lengths. Return to bowl.
2 Meanwhile, heat oil in a large non-stick wok over a medium-high heat. Add mince, ginger and garlic. Stir-fry for 2-3 minutes or until mince is cooked through. Transfer to a bowl and set aside to cool for 5 minutes.
3 Add bean shoots, coriander, carrot and capsicum to noodles along with the mince mixture. Toss to combine.
4 To make dressing, whisk all ingredients together in a bowl.
5 Add dressing to salad and toss gently to combine. Divide between shallow serving bowls and serve.

Poached chicken, watermelon and cucumber salad

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A LIGHT MEAL)

500ml (2 cups) boiling water
1 tsp Massel Salt Reduced Chicken Style Stock Powder
200g skinless chicken breast fillet, trimmed of fat
250g piece seedless watermelon, rind removed, chopped
1 Lebanese cucumber, chopped
½ small red onion, cut into very thin slivers
1 cup coriander leaves
1 cup mint leaves

Dressing

Freshly squeezed juice of 1 lime
2 tsp extra virgin olive oil
1 tsp caster sugar
Freshly ground black pepper, to season

1 Put water and stock powder in a small non-stick frying pan and bring to a simmer over a medium heat. Add chicken and reduce to heat to low. Cover with a round of baking paper. Cook for 10 minutes, or until chicken is just cooked through. Transfer to a plate using a slotted spoon and set aside to cool. (You can keep the cooking liquid to use in another recipe, or freeze it for later use.) Finely shred chicken.
2 Put watermelon, cucumber, onion, coriander, mint and chicken in a medium bowl. Toss well to combine.
3 To make dressing, whisk all ingredients together in a bowl.
4 Add dressing to salad and toss to combine. Divide between shallow serving bowls. Serve.

COOK'S TIPS

- **If you like, you can replace the coriander with parsley and the lime juice with lemon juice.**
- **Looking for ways to use your reserved chicken stock? You can add it to soups, risotto, curries or sauces, or label, date and freeze it in a small, airtight container.**

Roasted vegetable pesto pasta

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
SERVES 2 (AS A LIGHT MEAL)

300g orange sweet potato, peeled, chopped
1 red capsicum, chopped
1 red onion, cut into thin wedges
2 tsp extra virgin olive oil
40g dried pasta (such as casarecce) or gluten-free pasta
50g (2 cups) baby spinach leaves
1 Tbsp Jamie Oliver Italian Herb Pesto or gluten-free pesto
10g parmesan shavings, to serve

1 Preheat oven to 200°C (fan-forced). Line a shallow roasting pan with baking paper. Add sweet potato, capsicum and onion to prepared pan. Drizzle over oil and toss to combine. Roast for 25 minutes, turning once, or until vegetables are tender.
2 Meanwhile, cook pasta in a medium saucepan of boiling water following pack instructions or until al dente. Drain and return to pan.
3 Add roasted vegetables, spinach and pesto to pasta. Toss until well combined and the spinach has wilted slightly. Divide between shallow serving bowls. Sprinkle over parmesan and serve. ■

5 WAYS WITH lamb

If your appreciation of this Aussie standard begins and ends with the Sunday roast, try these lambtastic ***twists on tradition***

How our food works for you
see page 88

nutrition info

PER SERVE 1846kJ, **protein** 34g, **total fat** 13.6g (sat. fat 3.2g), **carbs** 36g, **fibre** 17g, **sodium** 157mg.

- **Carb exchanges** 2⅓.
- **GI estimate** low.
- **Gluten free.**

gluten free

Pomegranate roast lamb with warm chickpea salad

It's a roast with the most, and a tangy sauce too!

see recipe, page 50 >>

nutrition info

PER SERVE 1954kJ, **protein** 32g, **total fat** 14g (sat. fat 4.3g), **carbs** 48g, **fibre** 9g, **sodium** 834mg.

- **Carb exchanges** 3¼.
- **GI estimate** medium.
- **Gluten-free option.**

Lamb, semi-dried tomato and tzatziki wraps

Roll up for these zesty parcels – there are tastes and textures galore.

see recipe, page 50 >>

Lamb cutlets with chargrilled zucchini and corn salad

A thriller from the griller that's ready in a flash!

see recipe, page 51 >>

nutrition info

PER SERVE 1900kJ, **protein** 28g, **total fat** 15.4g (sat. fat 3.6g), **carbs** 44g, **fibre** 13g, **sodium** 481mg.

- **Carb exchanges** 3.
- **GI estimate** low.
- **Gluten-free option.**

Pomegranate roast lamb with warm chickpea salad

PREPARATION TIME: 10 MINS
PLUS 2 HOURS MARINATING
COOKING TIME: 35 MINS
SERVES 4 (AS A MAIN)

125ml (½ cup) pomegranate juice (see Cook's tips, below)
2 cloves garlic, crushed
2 tsp extra virgin olive oil
400g mini lamb leg roast, trimmed of fat
4 Tbsp low-fat Greek-style plain yoghurt
1 Tbsp freshly squeezed lemon juice
Extra clove garlic, crushed

Warm chickpea salad
4 carrots, roughly chopped
2 red capsicums, cut into chunks
2 red onions, cut into wedges
420g can no-added-salt chickpeas, rinsed and drained
Olive oil cooking spray
1 cup small mint leaves
2 Tbsp unsalted shelled pistachio nuts, roughly chopped
Seeds from ½ pomegranate

1 **Put pomegranate juice,** garlic and oil in a shallow dish and stir to combine. Add lamb and turn to coat. Cover and refrigerate for 2 hours to marinate.
2 **To make warm chickpea salad,** preheat oven to 210°C (fan-forced). Line a large roasting pan with baking paper. Put carrot, capsicum, onion and chickpeas in a large bowl. Spray with cooking spray and toss well to combine. Spread mixture in a single layer over base of prepared pan, leaving room in the centre for the lamb.
3 **Drain lamb,** reserving marinade. Pat lamb dry with paper towel. Spray a small non-stick frying pan with cooking spray. Heat over a medium-high heat. Add lamb to pan and cook, turning occasionally, for 2-3 minutes or until well browned. Arrange lamb in roasting pan with the chickpea mixture.
4 **Put reserved marinade** in the same frying pan. Cook, stirring occasionally, over a medium heat for 5 minutes or until mixture thickens and reduces by about half. Brush a little over lamb. Roast lamb and chickpea mixture for 20 minutes. Transfer lamb to a plate, cover loosely with foil and set aside for 5 minutes to rest. Continue to roast chickpea mixture while lamb is resting.
5 **Whisk yoghurt,** lemon juice and extra garlic together in a small bowl. Set aside. Add mint to chickpea mixture. Toss gently to combine. Transfer to a serving platter. Sprinkle over pistachios and pomegranate seeds. Slice lamb across the grain. Reheat remaining marinade and drizzle over lamb. Serve with warm chickpea salad and yoghurt mixture.

COOK'S TIPS

- **You will need 1 pomegranate to make ½ cup juice or you can buy fresh pomegranate juice in your supermarket's chilled juice section.**
- **You can replace the red onions with brown onions and the chickpeas with cannellini beans.**

Lamb, semi-dried tomato and tzatziki wraps

PREPARATION TIME: 10 MINS
COOKING TIME: 5 MINS
SERVES 2 (AS A MAIN)

Olive oil cooking spray
200g lamb fillet, trimmed of fat
Freshly ground black pepper, to season
2 Helga's Mixed Grain Wraps or large gluten-free wraps
6 Tbsp low-fat tzatziki
40g (1½ cups) mixed salad leaves
1 small Lebanese cucumber, peeled into ribbons
1 small carrot, coarsely grated
50g 97% fat free semi-dried tomatoes, sliced

1 **Preheat a chargrill plate** on medium-high. Spray both sides of lamb with cooking spray and season with pepper. Add lamb to chargrill and cook for 3-4 minutes, turning occasionally, or until just cooked to medium. Transfer to a plate, cover with foil and set aside for 2-3 minutes to rest.
2 **Lay wraps** on a clean surface. Spread over tzatziki, leaving about a 2cm margin around the edges. Divide salad leaves, cucumber, carrot and tomato between wraps. Diagonally slice lamb across the grain. Add to wraps, fold in sides and roll up firmly to enclose filling.
3 **Cut wraps** in half and serve.

COOK'S TIP

You can use rocket or spinach in place of salad leaves and ½ red capsicum, sliced, instead of carrot.

Lamb cutlets with chargrilled zucchini and corn salad

PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

1 Tbsp sweet chilli sauce or gluten-free sweet chilli sauce
Freshly squeezed juice of 1 lime
1 clove garlic, crushed
2 tsp extra virgin olive oil
6 small trim lamb cutlets, trimmed of fat
Freshly ground black pepper, to serve
2 small (50g) wholemeal sourdough rolls or gluten-free rolls, to serve
Lime wedges, to serve (optional)

Chargrilled zucchini and corn salad

Olive oil cooking spray
3 zucchini, sliced lengthways
1 corncob, husk and silk removed
60ml (¼ cup) water
1 cup coriander leaves

1 Combine sweet chilli sauce, lime juice, garlic and oil in a small bowl. Put lamb in a shallow dish. Add half the lime mixture and turn to coat. Set aside for 10 minutes to marinate.
2 To make chargrilled zucchini and corn salad, preheat a chargrill pan or barbecue on medium-high. Spray zucchini with cooking spray. Add to grill (in batches, if necessary) and cook for 2 minutes on each side or until cooked. Transfer to a plate. Put corn and water in a shallow microwave bowl. Cover and cook on high/100% for 4 minutes ➤

Lamb minute steaks with chutney and sweet potato chips

A pub classic, lamb style!
see recipe, page 52 >>

nutrition info

PER SERVE 1670kJ, **protein** 33g, **total fat** 11g (sat. fat 3.1g), **carbs** 36g, **fibre** 10g, **sodium** 249mg.
• **Carb exchanges** 2⅓.
• **GI estimate** low.
• **Gluten-free option.**

Honey spiced lamb casserole

Savour the aromas as this slow-cooked treat reaches tender perfection.
see recipe, page 54 >>

nutrition info

PER SERVE 1896kJ, **protein** 36g, **total fat** 11g (sat. fat 2.7g), **carbs** 47g, **fibre** 11g, **sodium** 456mg. • **Carb exchanges** 3. • **GI estimate** low. • **Gluten-free option.**

or until corn is tender. Set aside to cool slightly. Cut corn from cob. Put corn, zucchini and coriander in a bowl. Add remaining lime mixture and toss to combine.

3 Add lamb to chargrill and cook for 1½ minutes on each side for medium, or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside for 2-3 minutes to rest.

4 Divide lamb between serving plates and sprinkle with pepper. Serve with chargrilled zucchini and corn salad, bread rolls and lime wedges, if using.

COOK'S TIP

If you prefer, you can use parsley instead of coriander in the salad. You can also replace the lime juice and lime wedges with lemon.

Lamb minute steaks with chutney and sweet potato chips

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
SERVES 2 (AS A MAIN)

450g orange sweet potato, peeled, cut into thick chips
Olive oil cooking spray
1 tsp extra virgin olive oil
250g lamb leg steaks, trimmed of fat, cut lengthways in half, pounded until very thin
2 cloves garlic, crushed
200g grape tomatoes, chopped
1 Tbsp balsamic vinegar
80ml (⅓ cup) salt-reduced chicken stock or gluten-free stock ➤

Good for you

Full of great taste and nutrition, it's not surprising that Mary would want a little lamb!

Why it's healthy

PROTEIN Lamb is a great source of protein, so will keep you feeling full for longer. It will also lower the glycaemic load of a meal, meaning more stable blood glucose levels (BGLs).

IRON A 100g serving of lamb provides about 3mg of iron, or about one-third of most people's daily requirements (8mg). Keep in mind, however, that guidelines recommend women of reproductive age consume 18mg of iron per day.

The iron in red meat, including lamb, is haem iron, which is much more easily absorbed and used by the body than non-haem iron (which comes from plants). Iron is an important nutrient for healthy red blood cells. People who are iron deficient may become anaemic and feel fatigued, and become sick easily due to poor immunity. Talk to your doctor if you're concerned about your iron levels.

ZINC A 100g serving of lamb contains about 5mg of zinc, or about one-third of most of your daily needs. Zinc has a wide range of functions in the body, including forming new cells. About 85 per cent of our body's zinc stores are found in our muscles and bones.

Keeping it lean

Trimming your lamb of visible fat prior to cooking, and choosing leaner cuts (ones that don't have fat marbling) can help minimise your saturated fat intake, which has been associated with heart disease.
Try these great choices (right):

FILLET
Per 100g: 671kJ, **protein** 28g, **total fat** 5.5g (sat. fat 1.9g), **carbs** 0g, **fibre** 0g, **sodium** 75mg.

MINI ROAST
PER 100g: 696kJ, **protein** 28g, **total fat** 6g (sat. fat 2.2g), **carbs** 0g, **fibre** 0g, **sodium** 57mg.

LEG STEAKS
Per 100g: 696kJ, **protein** 28g, **total fat** 6g (sat. fat 2.2g), **carbs** 0g, **fibre** 0g, **sodium** 58mg.

TRIM CUTLETS
Per 100g: 879kJ, **protein** 30g, **total fat** 9.9g (sat. fat 3.8g), **carbs** 0g, **fibre** 0g, **sodium** 65mg.

* All analyses are of cooked lamb that has been trimmed of visible fat.

1 tsp caster sugar
2 cups mixed salad, to serve (salad leaves, snow peas, celery)

1 Preheat oven to 200°C (fan-forced). Line an oven tray with baking paper. Arrange sweet potato in a single layer on prepared tray. Spray with cooking spray. Bake for 20-25 minutes, turning once, or until sweet potato is tender and golden brown.
2 Meanwhile, heat oil in a large non-stick frying pan over a high heat. Add lamb and cook for 30-60 seconds on each side or until just cooked. Transfer to a plate and cover loosely with foil.
3 Add garlic, tomato, vinegar, stock and sugar to the pan. Bring to a simmer over a high heat. Cook for 5 minutes or until tomato softens and mixture thickens to form a chutney.
4 Divide lamb between serving plates. Spoon over chutney. Serve with sweet potato chips and salad.

COOK'S TIP

You can replace half the sweet potato (or all of it if you like) with Carisma potatoes. The grape tomatoes can be replaced with 200g regular tomatoes, chopped.

Honey spiced lamb casserole

PREPARATION TIME: 10 MINS
COOKING TIME: 2 HOURS 5 MINS
SERVES 4 (AS A MAIN)

2 tsp smoked paprika
2 tsp ground cumin
1 tsp ground ginger
1 tsp ground turmeric
Pinch ground nutmeg
2 tsp extra virgin olive oil
500g lamb leg steaks, trimmed of fat, cut into 2.5cm pieces
4 cloves garlic, peeled
1 brown onion, cut into wedges
3 carrots, cut into chunks
500g piece pumpkin, peeled, deseeded and chopped
60ml (¼ cup) honey
1 Massel Ultracube Salt Reduced Vegetable Stock Cube
375ml (1½ cups) boiling water
3 zucchini, cut into chunks
Chopped flat-leaf parsley, to serve
Lemon zest, to serve
4 x 30g slices wholemeal sourdough or gluten-free bread, toasted or chargrilled, to serve

1 Preheat oven to 150°C (fan-forced). Put paprika, cumin, ginger, turmeric, nutmeg and 1 tsp of the oil in a medium bowl and stir to combine. Add lamb and toss to coat. Heat remaining oil in a large stoveproof and ovenproof casserole dish with a lid over a medium-high heat. Add lamb and cook, tossing, for 2 minutes or until the meat changes colour.
2 Add garlic, onion, carrot and pumpkin to the pan and stir to combine. Put honey, stock cube and boiling water in a heatproof jug and stir to combine. Add to pan and bring to a simmer. Cover. Transfer to oven and bake for 1½ hours, stirring once. Add zucchini and stir. Return to oven and cook for a further 30 minutes or until zucchini is tender and lamb is soft.
3 Divide casserole (including juices) between shallow serving bowls. Sprinkle over parsley and lemon zest. Serve with toast.

COOK'S TIP

If you don't like zucchini, you can use 150g green beans instead, added for the last 15 minutes of cooking. ■

There's nothing sheepish about these bold and *BEAUTIFUL* flavours!

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** LUCY TWEED **FOOD PREPARATION** TINA MCLEISH

Great balls of FLAVOUR

Meatballs are an all-time family favourite and this delicious version is no exception, with extra vegetables and aromas ***fresh from the Med!***

Mediterranean-style meatballs

PREPARATION TIME: 15 MINS
COOKING TIME: 35 MINS
SERVES 4 (AS A MAIN)

2 tsp olive oil
2 Tbsp pine nuts, chopped
1 large brown onion, finely chopped
400g veal mince
1 small zucchini, finely grated, excess moisture squeezed out
50g egg
1 Tbsp finely chopped oregano
25g (¼ cup) dried wholegrain breadcrumbs or gluten-free breadcrumbs
½ large eggplant, chopped
2 sticks celery, chopped
2 cloves garlic, finely chopped
1 red capsicum, cut into chunks
1 yellow capsicum, cut into chunks
810g can Ardmona Crushed Vine Ripened Tomatoes
125ml (½ cup) water
1 Tbsp caster sugar
50g reduced-fat feta, crumbled, to serve
Extra oregano leaves, to serve
4 x 30g slices sourdough bread or gluten-free bread, to serve

1 Heat 1 tsp of the oil in a small non-stick frying pan over a medium heat. Add pine nuts and half the onion and cook, stirring often, for 4-5 minutes or until onion softens slightly. Transfer to a large bowl and set aside to cool for 5 minutes. Add mince, zucchini, egg, chopped oregano and breadcrumbs to onion mixture. Using clean hands, mix until well combined. Divide mixture into 16 meatballs.

2 Heat remaining oil in a large non-stick frying pan over a medium-high heat. Add meatballs and cook, turning often, for 3-4 minutes or until browned. Transfer to a plate and set aside. Add remaining onion, eggplant, celery and garlic to pan. Reduce heat to medium and cook, stirring occasionally, for 5-6 minutes or until vegetables begin to soften.

3 Add capsicum, tomato and water to pan. Bring to a simmer, then reduce heat to medium-low. Cover and cook, stirring twice, for 10 minutes. Return meatballs to pan and cook, covered, for a further 5-10 minutes or until meatballs are cooked through. Add sugar and stir to combine.

4 Divide meatballs between shallow serving bowls. Sprinkle over feta and extra oregano leaves. Serve with bread.

nutrition info

PER SERVE 1952kJ, **protein** 39g, **total fat** 13.8g (sat. fat 3.2g), **carbs** 43g, **fibre** 10g, **sodium** 436mg.
• **Carb exchanges** 3. • **GI estimate** low.
• **Gluten-free option.** ■

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN
PHOTOGRAPHY © STOCKFOOD/GALLO IMAGES PTY LTD

Cheat's seafood risotto

No need to go stir- crazy with this fuss-free affair.

see recipe, page 58 >>

nutrition info

PER SERVE 2040kJ, **protein** 34g, **total fat** 12.9g (sat. fat 4.3g), **carbs** 55g, **fibre** 6g, **sodium** 791mg.

- **Carb exchanges** 3⅔.
- **GI estimate** low.
- **Gluten-free option.**

How our food works for you
see page 88

Cooking for one

Treat yourself to a hearty meal every night with our nutritious, ***quick and easy*** dinners

Chicken, bean and soy noodles

Want healthy, tasty and quick? Chop to it!

see recipe, page 60 >>

nutrition info

PER SERVE 1936kJ, **protein** 38g, **total fat** 7.9g (sat. fat 1.4g), **carbs** 47g, **fibre** 15g, **sodium** 504mg.

- **Carb exchanges** 3.
- **GI estimate** low.
- **Gluten-free option.**

Polenta with roasted root vegetables
see recipe, below

gluten free

nutrition info
PER SERVE 1595kJ, **protein** 20g, **total fat** 10.4g (sat. fat 5.1g), **carbs** 46g, **fibre** 11g, **sodium** 430mg.
- **Carb exchanges** 3.
- **GI estimate** medium.
- **Gluten free.**

Polenta with roasted root vegetables

PREPARATION TIME: 10 MINS
COOKING TIME: 30 MINS
SERVES 1 (AS A MAIN)

½ red onion, cut into thin wedges
1 beetroot, peeled, cut into wedges
6 baby (Dutch) carrots, trimmed and scrubbed
Olive oil cooking spray
2 sprigs thyme, leaves picked
½ bunch asparagus, woody ends trimmed
125ml (½ cup) low-fat milk
125ml (½ cup) water
2 Tbsp polenta
20g (¼ cup) finely grated parmesan
Balsamic glaze, to serve
Freshly ground black pepper, to serve
Extra thyme sprigs, to serve (optional)

1 **Preheat oven** to 200°C (fan-forced). Line a small roasting pan with baking paper. Put onion, beetroot and carrots in prepared pan. Spray with cooking spray. Roast for 20 minutes.
2 **Sprinkle thyme leaves** over vegetables and add asparagus to the pan. Spray with cooking spray. Roast for a further 10 minutes or until vegetables are tender.
3 **Meanwhile,** bring milk and water to a simmer in a small saucepan over a medium heat. Gradually whisk in polenta. Cook, whisking, over a medium heat for 8-10 minutes or until polenta is soft and creamy. Stir in parmesan.
4 **Spoon polenta** into a serving bowl. Add roasted vegetables. Drizzle over balsamic glaze and sprinkle with pepper and extra thyme, if using. Serve.

COOK'S TIP
No Dutch carrots? Short sticks of 1 regular carrot will substitute.

Cheat's seafood risotto

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
SERVES 1 (AS A MAIN)

1 tsp extra virgin olive oil
100g marinara mix or gluten-free marinara mix, cut into bite-sized pieces
½ brown onion, finely chopped
1 clove garlic, crushed
60g (¼ cup) SunRice Doongara Clever Low GI White Rice
1 tsp Massel Salt Reduced Chicken Style Stock Powder
185ml (¾ cup) boiling water
1 small zucchini, halved lengthways, sliced
½ bunch asparagus, woody ends trimmed, diagonally sliced
20g bocconcini, torn
Chopped flat-leaf parsley leaves, to serve (optional)

1 **Heat ½ tsp of the oil** in a small saucepan over a high heat. Add seafood and cook for 1-2 minutes or until almost cooked. Transfer to a plate.
2 **Heat remaining oil** in the same saucepan over a medium heat. Add onion and garlic. Cook, stirring occasionally, for 5 minutes. Add rice and cook, stirring, for 1 minute. Combine stock powder and water in a jug. Add 160ml (⅔ cup) of the stock to rice mixture and stir. Cover and reduce heat ➤

nutrition info

PER SERVE 1653kJ, **protein** 16g, **total fat** 17.1g (sat. fat 5.5g), **carbs** 37g, **fibre** 10g, **sodium** 606mg.

- **Carb exchanges** 2½.
- **GI estimate** low.

Kale, tomato and mushroom gnocchi

All the colours are here (and the flavours too)!

see recipe, page 60 >>

GOOD for YOU

Take your cap off to marvellous mushrooms – they're a good source of B-group vitamins and also contain selenium, copper, phosphorus and potassium. When exposed to UV light, mushrooms can even synthesise vitamin D, which boosts your dose. Clever!

For more great recipes visit **diabeticliving.com.au**

to medium-low. Cook, covered, for 7 minutes.
3 **Add zucchini and asparagus** to rice, but do not stir. Cover and cook for a further 5 minutes. Add seafood and remaining stock. Stir. Cover and cook for 2 minutes.
4 **Add bocconcini** and stir gently. Transfer to a shallow serving bowl. Sprinkle over parsley, if using. Serve.

COOK'S TIP

You can make your own marinara mix if you prefer, using a variety of chopped fish, prawns and calamari.

Chicken, bean and soy noodles

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A MAIN)

100g skinless chicken breast fillet, trimmed of fat, thinly diagonally sliced across the grain
1 tsp cornflour or gluten-free cornflour
1 Tbsp mirin
2 tsp salt-reduced soy sauce or gluten-free soy sauce
1 clove garlic, crushed
2cm piece ginger, peeled, finely grated
80g (½ cup) frozen broad beans
1 tsp olive oil
100g button mushrooms, sliced
1 carrot, cut into sticks
100g Obento Ramen Noodles, rinsed and drained, or gluten-free noodles
1 green shallot, trimmed, thinly diagonally sliced, to serve
Coriander leaves, to serve (optional)

1 **Combine chicken,** cornflour, mirin, soy sauce, garlic and ginger in a small bowl. Set aside.
2 **Bring a small saucepan** of water to the boil. Add broad beans and cook for 3 minutes or until tender. Drain well and rinse under cold water. Peel off skins and discard. Set aside.
3 **Heat half the oil** in a wok over a high heat. Drain chicken, reserving marinade. Add to wok and stir-fry for 1-2 minutes or until chicken is just cooked. Transfer to a bowl. Heat remaining oil in the wok over a medium-high heat. Add mushroom and carrot. Stir-fry for 2 minutes or until mushroom softens. Add noodles, broad beans and reserved marinade to the wok. Cook, tossing, for 1 minute. Add chicken and toss until heated through. Transfer to a shallow serving bowl and top with green shallot and coriander, if using. Serve.

COOK'S TIP

To vary the dish, you can use beef or lean lamb leg steaks instead of chicken, and green beans in place of broad beans – just add them, uncooked, with the mushrooms.

Kale, tomato and mushroom gnocchi

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A MAIN)

2 tsp extra virgin olive oil
125g cherry tomatoes, halved
100g button mushrooms, sliced
1 clove garlic, crushed
1 thin slice prosciutto, cut into short, thin strips
80g kale, thick stem removed, shredded
100g Guzzi's Golden Pasta Traditional Gnocchi (from the shelf, not the fridge)
Freshly ground black pepper, to season
20g reduced-fat cheddar, peeled into shavings using a vegetable peeler

1 **Heat oil** in a medium non-stick frying pan over medium-high heat. Add tomato, mushroom, garlic and prosciutto. Cook, stirring often, for 3-4 minutes or until mushroom softens. Add kale and cook, stirring, for 1-2 minutes or until kale softens.
2 **Meanwhile,** bring a small saucepan of water to the boil. Add gnocchi and cook for 1-2 minutes or until gnocchi floats to the surface. Transfer to a bowl using a slotted spoon.
3 **Add gnocchi** to the pan with tomato mixture and toss until well combined and heated through. Season with pepper. Sprinkle over cheese and serve. ■

Your delish **gourmet dinner is only *MINUTES AWAY!***

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** LUCY TWEED **FOOD PREPARATION** TINA MCLEISH

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Pacific magazines RYOBI 7

7 days, 7 dinners

We've taken the stress out of your weekly planning. Just follow these healthy recipes and shop with our grocery list. ***Too easy!***

Monday

Prawn, saffron and pea linguine

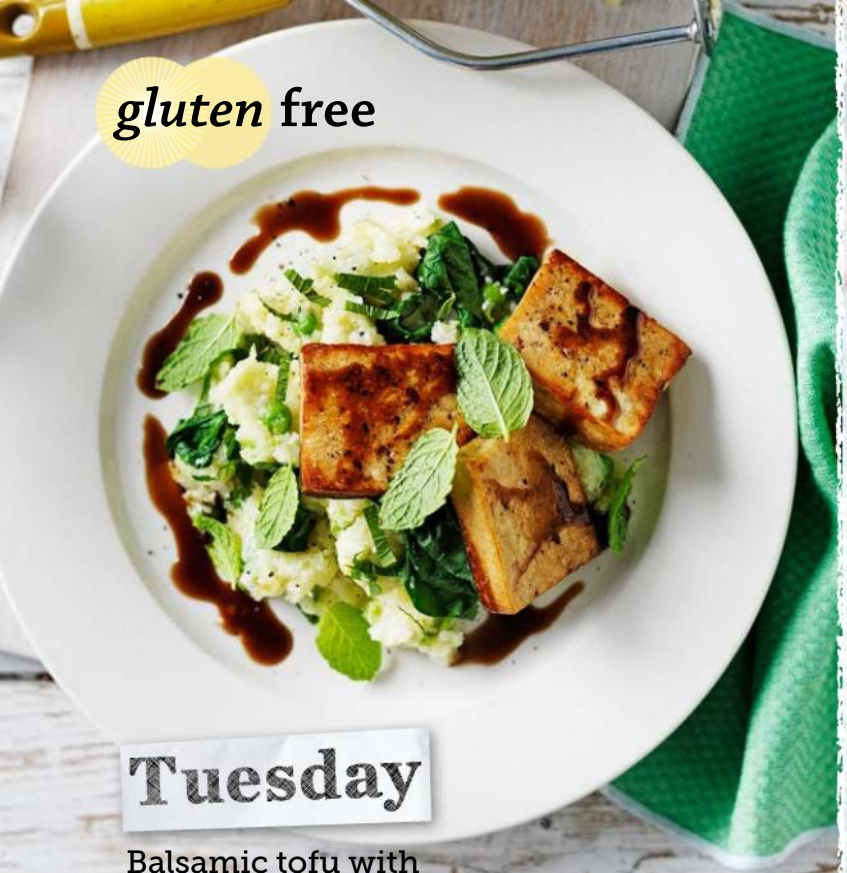
Start the week on a high – it's shrimply irresistible!

see recipe, page 70 >>

nutrition info

PER SERVE 1657kJ, **protein** 31g, **total fat** 9.5g (sat. fat 3.3g), **carbs** 41g, **fibre** 9g, **sodium** 322mg. • **Carb exchanges** 2⅔. • **GI estimate** low. • **Gluten-free option.**

gluten free



How our food works for you
see page 88

nutrition info

Left: **PER SERVE** 1481kJ, **protein** 21g, **total fat** 13.7g (sat. fat 2g), **carbs** 28g, **fibre** 14g, **sodium** 96mg.
- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten free.**

Below: **PER SERVE** 1695kJ, **protein** 41g, **total fat** 9.3g (sat. fat 1.7g), **carbs** 35g, **fibre** 9g, **sodium** 638mg.
- **Carb exchanges** 2⅓.
- **GI estimate** low.
- **Gluten-free option.**

Tuesday

Balsamic tofu with cauliflower and pea mash

Veg out in the most delicious way with this marvellous meat-free mash-up.

see recipe, page 70 >>

Leftovers

GROCERIES

Dukkah: Sprinkle over your favourite salad or use to coat fish or skinless chicken breast fillet. Spray meat with cooking spray, coat in dukkah and pan-fry. Serve with a salad and a piece of corn or a small bread roll.

Tortillas: Make chips by cutting tortillas into wedges then bake in an oven preheated to 180°C (fan-forced) for 8-10 minutes or until crisp. Serve with your favourite low-fat dip.

Pecans: Store in an airtight container in the freezer for up to six months. Use in salads or as a snack.

Saffron: Add a few strands to rice or use in curries. It's also great in sweet dishes such as creamed rice.

Cannellini beans: Make a dip by blending the beans with a garlic clove, a little lemon juice, olive oil and tahini. Season with pepper and serve with vegie sticks.

Wednesday

Sticky soy pork, sweet potato and spinach salad

Roast pork and spuds meet modern multiculturalism. Get stuck in!

see recipe, page 70 >>

Thursday

Mini dill and paprika meatballs

The ball's in your court – you'd be a dill not to try it!

see recipe, page 71 >>

nutrition info

PER SERVE 1701kJ, **protein** 41g, **total fat** 11g (sat. fat 3.4g), **carbs** 29g, **fibre** 11g, **sodium** 667mg.

- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten-free option.**

gluten free

Friday

Fish or chicken and avocado tacos

It's cutlery optional for these heavenly handfuls.

see recipe, page 71 >>

nutrition info

Left: **PER SERVE** 1798kJ, **protein** 28g, **total fat** 16.5g (sat. fat 3.5g), **carbs** 38g, **fibre** 7g, **sodium** 395mg.
- **Carb exchanges** 2½.
- **GI estimate** medium.
- **Gluten free.**

Below: **PER SERVE** 1637kJ, **protein** 37g, **total fat** 16g (sat. fat 2.5g), **carbs** 21g, **fibre** 7g, **sodium** 204mg.
- **Carb exchanges** 1⅓.
- **GI estimate** low.
- **Gluten-free option.**

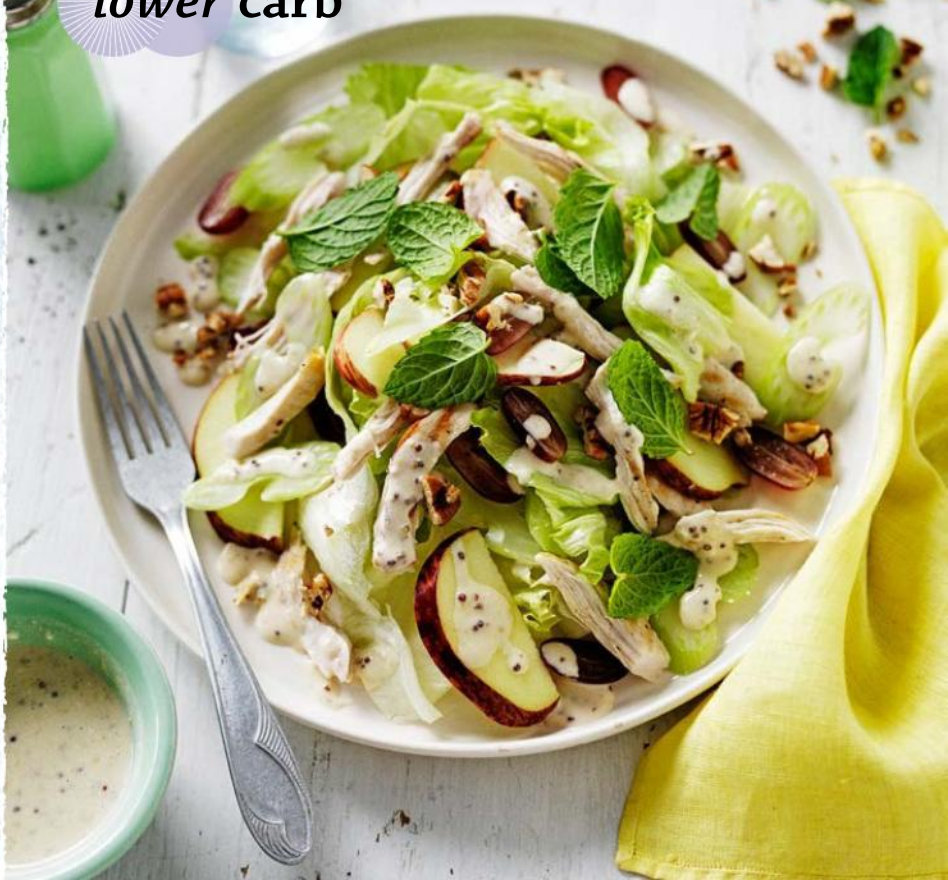
Saturday

Chicken, grape, apple and pecan salad

What's not to love about this wonderful waldorf?

see recipe, page 72 >>

lower carb



Leftovers

CHILLED

Sour cream: Whisk into dressings or use in cakes and slices.

Frozen peas: Toss a handful into soups, salads, pasta sauces and frittatas.

Thickened cream: Add a dollop to soups, sauces and desserts.

FRUIT AND VEGETABLES

Celery: Cut into sticks and keep in the fridge for a snack. Chop and use in stir-fries, salads, casseroles and soups.

Grapes: Great straight from the fridge as a snack, or you can freeze them to add to a fresh, fruity slushie with water and strawberries.

Avocado, tomato and lemon: Make a salsa to serve with fish by finely chopping avocado and tomato and mixing with lemon juice and dill.

Bean shoots: Keep in a bowl covered with cold water, changing water every day. Use in salads or on sandwiches.

nutrition info

PER SERVE 1529kJ, **protein** 25g, **total fat** 15.5g (sat. fat 5.8g), **carbs** 26g, **fibre** 8g, **sodium** 513mg. • **Carb exchanges** 1⅔. • **GI estimate** low. • **Gluten-free option**.

Sunday

Salmon, mushroom and cheddar quiches

With colour and crunch on the side, these easy, cheesy bakes will put the sun into Sunday.

see recipe, page 72 >>

lower carb

Shake it up!

Stuck in a cooking rut? Mix up your meals with these oh-so-easy (and yummy) suggestions from *DL* dietitian Lisa Urquhart

Sticking to a healthy meal plan can be difficult, particularly on days when you're feeling uninspired. It's times like this when the temptation to grab a takeaway or an unhealthy snack becomes stronger.

While there's nothing wrong with a little indulgence now and then, help yourself stay on track most of the time by adding variety to your menu. Here's how:

1 Try new ingredients
Never cooked with tofu before? High in soy-based protein, it's a great alternative to meat in stir-fries, salads and soups. Give it a go with our fast and fab Balsamic tofu with cauliflower and pea mash!

2 Add a touch of luxury
Delicate saffron threads (which are harvested by hand from crocus flowers) add extravagant flavour and colour to rice, curries and casseroles. You could also try dukkah. Made of finely ground nuts and a range of spices, this Egyptian blend gives great flavour and texture to fish and meat dishes.

3 Experiment with flavour combinations
Step out of your comfort zone by adding crunchy, sweet fruits to salads – this has the added bonus of satisfying your sugar cravings without the need for dessert! For another great idea, swap fatty fish and chips for our delish Mexican-style Fish or chicken and avocado tacos.

4 Become a herbalist
Dill, coriander, mint or basil – a little bit can really lift a meal and, best of all, you get lots of flavour without adding salt, fat or sugar. Like a little more zing? Chilli, paprika and cumin might be for you! Try a few different combinations to find the ones you like best.

5 Switch your cooking style
Do you always have steamed vegetables or plain Jane salads? Try something new – poaching, grilling or using a non-stick pan to fry with minimal oil will introduce you to different textures and tastes.

Your shopping list

GROCERIES

- ☐ 45g pkt Table Of Plenty Dukkah, Lemon & Herb Nut & Spice Blend
- ☐ 312g pkt Mission White Corn Tortillas
- ☐ 180g pkt pecans
- ☐ 95g can Safcol Salmon in Springwater
- ☐ 400g can cannellini beans
- ☐ 100mg pkt saffron
- ☐ 400g can no-added-salt chopped tomatoes

FRUIT AND VEGETABLES

- ☐ 350g Carisma potatoes
- ☐ 1 corncob
- ☐ 250g cauliflower
- ☐ 1 brown onion
- ☐ Piece fresh ginger
- ☐ 400g orange sweet potato
- ☐ 1 small red capsicum
- ☐ 1 small avocado
- ☐ 250g punnet cherry tomatoes
- ☐ 1 carrot
- ☐ 2 limes
- ☐ 2 lemons
- ☐ 1 small red chilli
- ☐ 1 bunch coriander
- ☐ 1 bunch mint
- ☐ 1 bunch dill
- ☐ 1 iceberg lettuce
- ☐ 170g baby spinach leaves
- ☐ 1 large red apple
- ☐ Small bag seedless purple grapes
- ☐ ½ bunch celery
- ☐ 60g button mushrooms
- ☐ 2 bunches asparagus
- ☐ 250g pkt bean shoots

MEAT AND POULTRY

- ☐ 300g skinless chicken breast fillet
- ☐ 250g extra-lean beef mince
- ☐ 300g pork fillet

CHILLED

- ☐ 250g container extra-light sour cream
- ☐ 250g pkt Woolworths Select Fresh Egg Pasta Linguine
- ☐ 300ml container light thickened cream
- ☐ 350g pkt Soyco Hi-Protein Firm Tofu

FREEZER

- ☐ 1kg pkt 25% reduced-fat puff pastry
- ☐ 500g pkt frozen peas
- ☐ 500g pkt frozen broad beans

SEAFOOD

- ☐ 200g firm white fish fillets
- ☐ 400g green prawns

BAKERY

- ☐ 1 loaf sourdough bread
- ☐ 1 loaf wholemeal grain bread

HAVE AT HOME

- ☐ Olive oil cooking spray
- ☐ Extra virgin olive oil
- ☐ Olive oil
- ☐ Fish sauce
- ☐ Cornflour
- ☐ Smoked paprika
- ☐ Wholegrain and Dijon mustard
- ☐ Red wine vinegar
- ☐ 4 cloves garlic
- ☐ 3 x 50g eggs
- ☐ Low-fat milk
- ☐ Reduced-fat vintage cheddar
- ☐ Massel Salt Reduced Chicken Style Stock Powder
- ☐ Salt-reduced soy sauce
- ☐ Sweet chilli sauce
- ☐ Balsamic vinegar
- ☐ Light margarine
- ☐ Freshly ground black pepper

SCAN AND SAVE
Use the free ***viewa*** app to scan this page and save this list to your phone. Handy!

Prawn, saffron and pea linguine

PREPARATION TIME: 15 MINS
COOKING TIME: 20 MINS
SERVES 2 (AS A MAIN)

Pinch saffron threads
1 Tbsp boiling water
1 tsp olive oil
400g green prawns, peeled and deveined, tails left intact (shells reserved)
500ml (2 cups) water
½ small red capsicum, cut into short thin strips
1 bunch asparagus, woody ends trimmed, diagonally sliced
1 tsp cornflour or gluten-free cornflour
2 Tbsp light thickened cream
125g (1 cup) frozen peas
125g Woolworths Select Fresh Egg Pasta Linguine or gluten-free pasta
50g (2 cups) baby spinach leaves
Zest of ½ lemon
1 Tbsp freshly squeezed lemon juice
Freshly ground black pepper, to season

1 Put saffron and boiling water in a small bowl. Set aside to infuse. Heat ¼ tsp of the oil in a large non-stick frying pan over a medium-high heat. Add prawn shells and cook, stirring often, for 4-5 minutes or until shells are golden. Add water, bring to the boil and cook for 5 minutes. Drain, reserving stock and discarding prawn shells.
2 Wipe out frying pan. Heat remaining oil in pan over a high heat. Add prawns, capsicum and asparagus. Cook, tossing, for 2-3 minutes or until prawns are cooked. Remove from pan and set aside.
Combine cornflour, cream and 125ml (½ cup) of reserved prawn stock in a bowl. Add to pan along with saffron and water mixture. Cook, stirring, for 2-3 minutes or until mixture thickens and comes to a simmer. Add peas and cook for 3-4 minutes or until peas are tender.
3 Meanwhile, cook pasta in a large saucepan of boiling water, following pack instructions or until al dente.
4 Drain pasta and return to the pan over a low heat. Add prawn mixture, pea mixture, spinach, lemon zest and juice. Cook, tossing, until heated through and spinach begins to wilt. Season with pepper. Divide between serving bowls and serve.

COOK'S TIP

You can freeze the remaining prawn stock for up to 3 months. Use as a base for seafood risotto or in a tomato pasta sauce.

Balsamic tofu with cauliflower and pea mash

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 2 (AS A MAIN)

2 Tbsp balsamic vinegar
Freshly squeezed juice of ½ lemon
2 cloves garlic, crushed
2 tsp extra virgin olive oil
200g Soyco Hi-Protein Firm Tofu, patted dry with paper towel, cut into 6 pieces
Mint leaves, to serve

Cauliflower and pea mash

350g Carisma potatoes, peeled, chopped
250g cauliflower florets
65g (½ cup) frozen peas
1 tsp light margarine
50g (2 cups) baby spinach leaves
Freshly ground black pepper, to season
2 Tbsp shredded mint leaves

1 Combine vinegar, lemon juice, garlic and 1 tsp of the oil in a dish. Add tofu and turn to coat. Set aside.
2 To make cauliflower and pea mash, put potato and cauliflower in a steamer basket over a saucepan of simmering water. Cover and cook for 15 minutes or until almost tender. Add peas. Cover and cook for a further 5 minutes or until tender.
3 Meanwhile, drain tofu, reserving marinade. Heat remaining oil in a large non-stick frying pan over a medium heat. Pat tofu dry with paper towel and add to pan. Cook for 2-3 minutes on each side or until golden brown.
4 Transfer vegetables to a bowl. Add margarine and mash until almost smooth. Add spinach and stir until spinach begins to wilt. Stir in pepper and mint. Divide mash between serving plates. Top with tofu. Put reserved marinade in the frying pan and bring to a simmer over a medium heat. Drizzle over tofu, sprinkle with mint and serve.

COOK'S TIP

If you like, you can use orange sweet potato instead of Carisma potato.

Sticky soy pork, sweet potato and spinach salad

PREPARATION TIME: 10 MINS
COOKING TIME: 35 MINS
SERVES 2 (AS A MAIN)

1 Tbsp salt-reduced soy sauce or gluten-free soy sauce
1 Tbsp sweet chilli sauce or gluten-free sweet chilli sauce
Freshly squeezed juice of 1 lime
2cm piece ginger, peeled, finely grated
2 tsp olive oil
300g pork fillet, trimmed of fat
400g orange sweet potato, peeled, thinly sliced into rounds
Olive oil cooking spray
40g baby spinach leaves
1 cup coriander leaves
1 cup bean shoots

1 Preheat oven to 200°C (fan-forced). Line an oven tray and a small ovenproof dish with baking paper. Combine soy sauce, sweet chilli sauce, lime juice, ginger and 1½ tsp of the oil in a shallow dish. Add pork and turn to coat. Set aside to marinate.
2 Spread sweet potato in a single layer on prepared tray. Spray both sides with cooking spray. Bake for 25-30 minutes or until sweet potato is tender and slightly crispy.
3 Meanwhile, heat remaining oil in a small non-stick frying pan over a medium-high heat. Drain pork, reserving marinade. Add pork to pan and cook, turning often, for 3-4 minutes or until browned. Transfer to the prepared dish. Add pork to oven with sweet potato for the last 5 minutes of cooking. Transfer to a plate, cover loosely with foil and set aside to rest for 5 minutes.
4 Toss spinach, coriander and bean shoots in a bowl. Put reserved marinade and juices from the resting pork in the frying pan. Bring to the boil over a medium heat. Cook, stirring, for 1-2 minutes or until the mixture reduces slightly. Slice pork and add to salad along with sweet potato. Toss gently to combine. Divide between shallow serving bowls. Drizzle over sauce and serve.

Mini dill and paprika meatballs

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 2 (AS A MAIN)

250g extra-lean beef mince
Zest of ½ lemon
1 clove garlic, crushed
1 slice wholemeal grain bread or gluten-free bread, processed into crumbs
1 egg yolk (from 50g egg)
1 tsp smoked paprika
2 Tbsp finely chopped dill
1 tsp extra virgin olive oil
250ml (1 cup) no-added-salt chopped tomatoes
1 tsp Massel Salt Reduced Chicken Style Stock Powder
250ml (1 cup) water
125g (1 cup) frozen broad beans
1 carrot, halved lengthways, thinly sliced
Extra chopped dill, to serve (optional)
2 x 30g slices sourdough or gluten-free bread, to serve

1 Combine mince, lemon zest, garlic, breadcrumbs, egg yolk, paprika and dill in a medium bowl. Shape tablespoonfuls of the mixture into small balls.
2 Heat oil in a large non-stick frying pan, with a lid, over a medium-high heat. Add meatballs. Cook, turning often, for 2-3 minutes or until well browned. Transfer to a plate.
3 Add tomato, stock powder and water to pan. Cover and bring to a simmer. Add broad beans and carrot. Cover and cook over a medium heat for 8 minutes or until vegetables are almost tender.
4 Add meatballs to pan and cook, covered, for a further 5 minutes or until cooked through.
5 Divide meatballs between shallow serving bowls. Sprinkle over dill, if using. Serve with bread.

Fish or chicken and avocado tacos

PREPARATION TIME: 10 MINS
COOKING TIME: 30 MINS
SERVES 2 (AS A MAIN)

Olive oil cooking spray
½ corncob, husk and silk removed
½ small red capsicum, quartered and deseeded
200g firm white fish fillets or chicken breast fillet
1 Tbsp Table of Plenty Dukkah, Lemon & Herb Nut & Spice Blend
½ small avocado, finely chopped
Freshly squeezed juice of ½ lime
1 tsp fish sauce
2 Tbsp roughly chopped coriander
1 tsp finely chopped chilli (optional)
Freshly ground black pepper, to season
4 Mission White Corn Tortillas, heated following pack instructions
½ cup finely shredded iceberg lettuce
2 lime wedges, to serve

1 Preheat a barbecue plate on high. Spray corn and capsicum with cooking spray. Wrap corn in foil. Add corn to barbecue and cook, turning occasionally, for 20 minutes or until tender. Set aside. Meanwhile, cook capsicum, turning often, for 8-10 minutes or until skin is charred. Wrap in foil and set aside.
2 Spray fish or chicken with cooking spray. Coat in dukkah. ➤

Add to barbecue and reduce heat to medium. Cook for 3 minutes on each side or until cooked through. Transfer to a board. Cut into strips.
3 Peel capsicum. Finely chop flesh and put in a bowl. Using a small sharp knife, cut corn from cob and add to bowl. Add avocado, lime juice, fish sauce, coriander and chilli, if using. Season with pepper. Toss.
4 Lay tortillas on a clean surface. Divide lettuce between tortillas. Top with corn mixture and fish or chicken. Squeeze over lime wedges. Bring in edges and serve.

Chicken, grape, apple and pecan salad

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

30g pecans
Olive oil cooking spray
300g skinless chicken breast fillet, trimmed of fat, split lengthways
Freshly ground black pepper, to season
1 large red apple, unpeeled, cored, cut into thin wedges
1 stick celery, thinly diagonally sliced
½ cup seedless purple grapes, halved
½ cup mint leaves
6cm wedge iceberg lettuce, thickly sliced

Dressing

1 Tbsp extra-light sour cream
1 tsp wholegrain mustard or gluten-free mustard
1 tsp Dijon mustard or gluten-free mustard
1 Tbsp boiling water
2 tsp red wine vinegar

1 Preheat oven to 180°C (fan-forced). Put pecans on an oven tray. Bake for 8 minutes or until toasted. Cool slightly. Roughly chop.
2 Meanwhile, preheat a chargrill plate or grill on medium. Spray chicken with cooking spray and season with pepper. Add to grill and cook for 2 minutes on each side or until cooked through. Set aside to rest for 3 minutes. Slice into thin pieces.
3 Put chicken, apple, celery, grapes, mint and lettuce in a large bowl. Toss to combine. Divide between shallow serving bowls.
4 To make the dressing, whisk all ingredients together in a small bowl.
5 Sprinkle pecans over salad, drizzle over dressing and serve.

Salmon, mushroom and cheddar quiches

PREPARATION TIME: 15 MINS
PLUS 15 MINS CHILLING
COOKING TIME: 55 MINS
SERVES 2 (AS A MAIN)

1 sheet 25% reduced-fat puff pastry or gluten-free pastry, thawed
½ tsp extra virgin olive oil
60g button mushrooms, sliced
½ brown onion, finely chopped
1 clove garlic, crushed
2 x 50g eggs
1 Tbsp low-fat milk
Freshly ground black pepper, to season
95g can Safcol Salmon in Springwater, drained
30g reduced-fat vintage cheddar, finely chopped
2 tsp chopped dill, to serve

Salad

½ bunch asparagus, woody ends trimmed
60ml (¼ cup) water
30g baby spinach leaves
125g cherry tomatoes, quartered
½ x 400g can cannellini beans, rinsed and drained
2 tsp freshly squeezed lemon juice
Freshly ground black pepper, to season

1 Preheat oven to 190°C (fan-forced). Line 2 x 3cm deep, 8.5cm (base measurement) loose-based flan tins with pastry and trim to fit, discarding excess. Prick bases with a fork. Line pastry with baking paper and fill with baking beans or rice. Put on an oven tray and refrigerate for 15 minutes.
2 Transfer pastry cases to oven and bake for 10 minutes. Remove paper and beans. Reduce oven to 180°C (fan-forced). Bake for a further 8 minutes or until just cooked.
3 Meanwhile, heat oil in a medium non-stick frying pan over a medium heat. Add mushroom, onion and garlic. Cook, stirring often, for 7-8 minutes or until soft. Transfer to a small bowl. Set aside to cool slightly. In another bowl, whisk together eggs, milk and pepper.
4 Add salmon to onion mixture and toss to combine. Divide mixture evenly between pastry cases. Pour over egg mixture. Sprinkle over cheese. Bake for 30-35 minutes or until egg is set and tops are light golden brown.
5 Meanwhile, to make salad, put asparagus and water in a small microwave bowl. Cook on high/100% for 2 minutes or until just tender. Drain and rinse under cold water. Halve lengthways and put in a bowl with spinach, tomato and beans. Drizzle over lemon juice and sprinkle with pepper.
6 Remove quiches from tins and sprinkle with dill. Serve with salad. ■

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** ROB PALMER **STYLING** AMBER KELLER **FOOD PREPARATION** WENDY QUISUMBING

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Moroccan spiced vegetables with almonds

Get a taste of the exotic with the best-dressed veg in town!

see recipe, page 76 >>

nutrition info

PER SERVE 447kJ, **protein** 4.2g, **total fat** 5.6g (sat. fat 0.6g), **carbs** 6g, **fibre** 5g, **sodium** 52mg.

- **Carb exchanges** ⅓.
- **GI estimate** low.
- **Gluten free.**

nutrition info

PER SERVE 533kJ, **protein** 3g, **total fat** 3.1g (sat. fat 0.4g), **carbs** 19g, **fibre** 2g, **sodium** 22mg.

- **Carb exchanges** 1⅓.
- **GI estimate** low.
- **Gluten free.**

gluten free

Roasted herb and garlic potatoes

These not-so-humble spuds really ramp up the wow factor.

see recipe, page 76 >>

Father's Day FEAST

Show Dad some love with an ***indulgent*** family dinner fit for a king!

How our food works for you
see page 88

nutrition info

PER SERVE 1166kJ, **protein** 38g, **total fat** 12.8g (sat. fat 5.1g), **carbs** 2g, **fibre** 1g, **sodium** 208mg.

- **Carb exchanges** n/a.
- **GI estimate** n/a.
- **Gluten-free option.**

Roast beef with horseradish cream

A zesty dollop plus a tender cut equals a meaty slice of heaven!

see recipe, page 76 >>

Moroccan spiced vegetables with almonds

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 6 (AS AN ACCOMPANIMENT)

2 bunches orange or purple baby (Dutch) carrots, trimmed, scrubbed, larger carrots halved lengthways
2 bunches broccolini, trimmed
2 tsp extra virgin olive oil
2 tsp light margarine
30g slivered almonds
1 tsp ground cumin
½ tsp ground cinnamon
½ tsp ground smoky paprika
¼ tsp ground ginger
Freshly squeezed juice of 1 large orange

1 **Put carrots** in a large steamer basket over a saucepan of simmering water. Cover and cook for 3-4 minutes or until just tender. Transfer to a large bowl. Cover and set aside. Add broccolini to steamer basket. Cover and cook for 3 minutes or until just tender. Add to carrots, cover and set aside. (This step can be done in a double bamboo steamer basket over a wok if you want to cook both at once.)
2 **Meanwhile,** heat oil and margarine in a medium non-stick frying pan over a medium heat. Add almonds, cumin, cinnamon, paprika and ginger. Cook, stirring often, for 2 minutes or until almonds are lightly toasted. Stir in orange juice.
3 **Transfer carrots** and broccolini to a serving bowl. Spoon over almond mixture. Serve.

Roasted herb and garlic potatoes

PREPARATION TIME: 10 MINS
COOKING TIME: 30 MINS
SERVES 6 (AS AN ACCOMPANIMENT)

1kg baby Carisma potatoes, halved or quartered
1 Tbsp extra virgin olive oil
2 cloves garlic, crushed
Freshly squeezed juice of ½ lemon
Freshly ground black pepper, to season
2 Tbsp finely chopped flat-leaf parsley leaves
½ bunch chives, finely chopped

1 **Preheat oven** to 250°C (fan-forced). Line a large roasting pan with baking paper. Put potato and oil in a bowl. Toss well to coat. Arrange in a single layer in prepared pan.
2 **Add potato** to oven and reduce temperature to 200°C (fan-forced). Roast for 20 minutes. Add garlic to pan and toss gently to combine. Roast potato for a further 10 minutes or until golden brown and tender.
3 **Transfer potato** to a serving bowl. Drizzle over lemon juice and season with pepper. Sprinkle over parsley and chives. Serve.

NUTRITION INFO FOR TOTAL MAIN MEAL
(Roast beef + 2 sides)

PER SERVE 2146kJ, **protein** 46g, **total fat** 21.5g (sat. fat 6.3g), **carbs** 28g, **fibre** 7g, **sodium** 282mg. • **Carb exchanges** 2. • **GI estimate** low. • **Gluten-free option.**

Roast beef with horseradish cream

PREPARATION TIME: 5 MINS
COOKING TIME: 45 MINS
SERVES 6 (AS PART OF A MAIN)

1 tsp extra virgin olive oil
1kg piece eye fillet beef, trimmed of fat, tied with string (ask your butcher to do this), at room temperature
Freshly ground black pepper, to serve
Thyme sprigs, to serve (optional)

Horseradish cream

130g (½ cup) extra-light sour cream
1 Tbsp bought horseradish cream
1 tsp Dijon mustard or gluten-free mustard
2 tsp freshly squeezed lemon juice

1 **Preheat oven** to 250°C (fan-forced). Line a small roasting pan with baking paper. Put a rack in pan. Heat oil in a medium non-stick frying pan over a medium-high heat. Pat dry beef with paper towel. Add beef to frying pan and cook, turning occasionally, for 5 minutes or until browned. Transfer beef to prepared roasting pan.
2 **Roast beef** for 40 minutes for medium or until cooked to your liking. Transfer beef to a carving board. Cover with foil and set aside for 10 minutes to rest.
3 **To make horseradish cream,** put all ingredients in a small bowl and stir to combine.
4 **Slice beef** and transfer to a serving platter. Sprinkle over pepper and thyme, if using. Serve with horseradish cream. ➤

Lemon meringue slice

Three light and luscious layers triple the yum.

see recipe, page 78 >>

nutrition info

PER SERVE (with sugar) 657kJ, **protein** 3g, **total fat** 2.3g (sat. fat 0.6g), **carbs** 32g, **fibre** 1g, **sodium** 48mg.

- **Carb exchanges** 2.
- **GI estimate** medium.
- **Gluten-free option.**

PER SERVE (with sugar substitute) 467kJ, **protein** 3g, **total fat** 2.3g (sat. fat 0.6g), **carbs** 20g, **fibre** 1g, **sodium** 48mg.

- **Carb exchanges** 2.
- **GI estimate** medium.
- **Gluten-free option**.

Lemon meringue slice

PREPARATION TIME: 15 MINS
COOKING TIME: 20 MINS
SERVES 12 (AS AN OCCASIONAL DESSERT)

Cooking spray
3 eggwhites (from 50g eggs), at room temperature
110g (½ cup) caster sugar

Sponge base

2 x 50g eggs, at room temperature
40g (¼ cup) caster sugar
1 tsp vanilla extract
Finely grated zest of ½ lemon
2 Tbsp wholemeal plain flour or gluten-free plain flour
2 Tbsp self-raising flour or gluten-free self-raising flour
1 Tbsp cornflour or gluten-free cornflour

Lemon curd

160g (⅔ cup) caster sugar or granulated sugar substitute
3 Tbsp cornflour or gluten-free cornflour
185ml (¾ cup) freshly squeezed lemon juice, strained
60ml (¼ cup) freshly squeezed orange juice, strained
Finely grated zest of 1 lemon
30g light margarine
2 egg yolks (from 50g eggs), whisked

1 **Preheat oven** to 170°C (fan-forced). Spray a 16 x 26cm (base measurement) slice tin with cooking spray. Line tin with 2 pieces of baking paper, so the pieces meet in the middle and overlap slightly.

2 **To make sponge base,** use electric beaters to whisk eggs and sugar for 5 minutes or until the mixture is thick and creamy. Stir in vanilla and lemon zest. Set aside. Sift flours and cornflour into a small bowl. Add half the flour mixture to the egg mixture. Using a large metal spoon, fold in until just combined. Add remaining flour mixture and fold in until just combined. Pour mixture into prepared pan and carefully spread out evenly to cover base. Bake for 10 minutes or until light golden brown.

3 **Meanwhile,** to make lemon curd, combine sugar and cornflour in a small saucepan. Gradually whisk in juices until smooth. Stir in lemon zest. Cook, stirring, over a medium heat for 8-10 minutes or until mixture thickens and comes to a simmer. Cook, stirring, for a further minute. Remove pan from heat. Whisk in margarine and egg yolk.

4 **Pour warm curd** over warm sponge base and spread out evenly. Set aside for 10 minutes to cool. Use a fork to rough up the surface slightly.

5 **Using clean electric beaters,** whisk eggwhites until soft peaks form. Add sugar, 1 Tbsp at a time, whisking well after each addition. Continue whisking until the mixture is thick and glossy. Spoon eggwhite mixture over lemon curd, flicking up slightly with a spoon. Bake for 7-8 minutes or until meringue is light golden brown. Set aside for 10 minutes to cool slightly. Cut into 12 pieces and serve. ■

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** LUCY TWEED **FOOD PREPARATION** TINA MCLEISH

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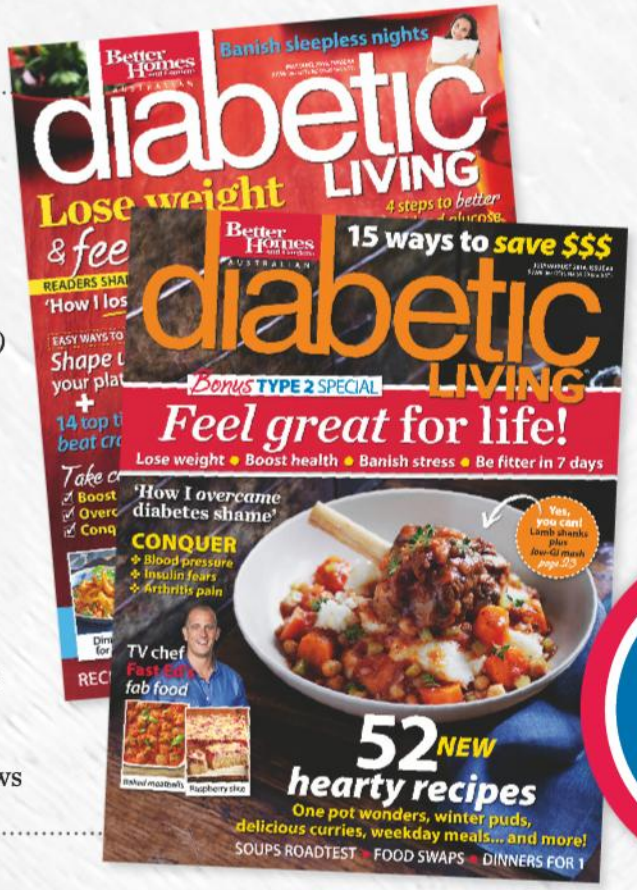

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YOUR NEW... *Vegie burger*

Forget that bland, stodgy patty you were served at your vegetarian friend's house in the '70s – this lentil-laden delight is a ***meat-free marvel!***

When it comes to burgers, the lentil variety is not top of most people's lists. Many of us have eaten hearty but not particularly tasty versions over the years. Luckily, our new, improved burger is so delicious, you won't miss your meat! This flavour-boosted patty is a great high-fibre vegetarian option to add to your weekly repertoire and boasts about two serves of vegies per portion.

Wholemeal grain rolls add 4g of fibre per serve and are more filling than white rolls, while using no-added-salt lentils and a low-salt curry paste cuts the sodium by 300mg per serve. By replacing the traditional mayonnaise, aioli or sour cream dressing with a dollop of low-fat Greek-style plain yoghurt we've lowered the total and saturated fat by a whopping 50 per cent.

Finally, being clever with portion sizes means we've reduced the carbs by about one-third of a regular vegie burger. Tuck in!

Lentil burgers

PREPARATION TIME: 15 MINS
PLUS 30 MINS CHILLING
COOKING TIME: 25 MINS
SERVES 6 (AS A MAIN)

250g orange sweet potato, peeled, chopped
60ml (¼ cup) water
420g can Woolworths Select No Added Salt Lentils, rinsed, drained
1 Tbsp olive oil
1 brown onion, finely chopped
1 zucchini, coarsely grated, excess moisture squeezed out
2 Tbsp Patak's Rogan Josh Medium Curry Paste
45g (½ cup) dried multigrain breadcrumbs
1 egg yolk (from 50g egg)
75g (3 cups) baby spinach leaves
6 x 70g wholemeal grain rolls, split
3 Tbsp Beerenberg Balsamic Beetroot Relish
130g (½ cup) low-fat Greek-style plain yoghurt

1 **Put sweet potato** and water in a shallow microwave dish. Cover and cook on high/100% for 6-7 minutes. Drain and transfer to a large bowl. Add lentils and mash until smooth.

2 **Heat 1 tsp** of the oil in a small non-stick frying pan over a medium heat. Add onion and cook, stirring often, for 6-7 minutes or until soft. Add zucchini and cook for a further 2-3 minutes or until zucchini is just cooked. Add curry paste and cook, stirring, for 1 minute. Set aside for 10 minutes to cool slightly.

3 **Add onion mixture,** breadcrumbs and egg yolk to lentil mixture. Stir until combined. Using your hands, shape mixture into 6 even patties. Transfer to a plate, cover with plastic wrap and refrigerate for 30 minutes to chill.

4 **Heat remaining oil** in a large non-stick frying pan over a medium heat. Add patties and cook for 3 minutes on each side or until golden. Divide spinach leaves between roll bases. Top with lentil patties. Spoon over beetroot relish and yoghurt. Add roll tops. Serve.

FREEZING TIP

Leftover cooked patties can be frozen for up to 3 months. Simply wrap individually in plastic wrap and freeze in a resealable freezer bag. Defrost in the fridge then put on a tray lined with baking paper and bake at 180°C (fan-forced) for 10-15 minutes or until heated through. ■

SCAN AND SHARE
Use the free ***viewa*** app to scan this page and share this recipe with friends!

RECIPE ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BEN DEARNLEY
STYLING AMBER KELLER **FOOD PREPARATION** MAX ADEY

Lentil burgers

There'll be no beef with this burger – in fact, they'll go lentil as anything!

see recipe, opposite

How our food works for you
see page 88

nutrition info

PER SERVE 1517kJ, **protein** 16g, **total fat** 9.2g (sat. fat 1.6g), **carbs** 51g, **fibre** 9g, **sodium** 510mg.

- **Carb exchanges** 3⅓.
- **GI estimate** low.

Plan your week,

Wondering what to eat this week? Try these delicious meal and snack ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. It's recommended that you have 6-10 glasses			
Breakfast	1 slice wholegrain sourdough toast spread with ¼ of an avocado, served with 2 poached eggs.	½ cup natural muesli served with 80ml (⅓ cup) low-fat milk and 70g (⅓ cup) low-fat Greek-style plain yoghurt, sprinkled with cinnamon.	½ cup warmed salt-reduced baked beans served with 1 slice wholegrain sourdough toast and 1 x 20g slice reduced-fat cheddar cheese.	Make a smoothie: blend 185ml (¾ cup) low-fat milk with 1 Weet-Bix, 1 small banana, 70g (⅓ cup) low-fat Greek-style plain yoghurt and 1 tsp honey.
Optional snack	200g tub low-fat plain or no-added-sugar flavoured yoghurt.	1 piece seasonal fresh fruit.	Almond, strawberry and honey yoghurt (page 85).	10 almonds and 1 date.
Lunch	Try one of our fabulously fresh salads (page 36) for a deliciously light and healthy option. You'll never look at lettuce (or carrot or cucumber) in the same way again!			
Optional snack	1 piece seasonal fresh fruit.	1 Be Natural Mini Bites Dark Chocolate Berry Blend.	1 carrot, cut into sticks, served with 2 Tbsp Black Swan Skinny Roasted Capsicum dip.	Asparagus with tzatziki dip (page 85).
Dinner	Prawn, saffron and pea linguine (page 70). ***Pictured above.***	Mini dill and paprika meatballs (page 71). ***Pictured above.***	Chicken, grape, apple and pecan salad (page 72). ***Pictured above.***	Salmon, mushroom and cheddar quiche (page 72). ***Pictured above.***
Alcohol	If you choose to drink, stick to 1-2 standard drinks a day. It's also a good idea to			
Optional dessert	Peach and almond tarte Tatin (page 34).	Pear tiramisu (page 34).	1 tub Nestlé Soleil Low Fat Crème Caramel.	1 piece seasonal fresh fruit.
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packs or the nutrition info boxes near our recipes for nutritional analysis.

it's easy!

THURSDAY	FRIDAY	SATURDAY
a day, depending on the weather and how active you are.		
1 slice wholegrain sourdough toast spread with 1 Tbsp Mayver's Peanut Butter, served with 1 small skim latte.	1 cup fresh fruit salad served with 200g (¾ cup) low-fat Greek-style plain yoghurt and ¼ cup natural muesli.	1 wholemeal English muffin, toasted, topped with 2 Tbsp low-fat ricotta and 1 small sliced banana.
Almond, strawberry and honey yoghurt (page 85).	10 almonds and 1 date.	200g tub low-fat plain or no-added-sugar flavoured yoghurt.
1 piece seasonal fresh fruit.	2 Real Foods Rice Thins spread with 1 Tbsp Black Swan Skinny Roasted Capsicum dip.	Zesty cream cheese and salmon on rye (page 85).
Balsamic tofu with cauliflower and pea mash (page 70). ***Pictured above.***	Fish or chicken and avocado tacos (page 71). ***Pictured above.***	Sticky soy pork, sweet potato and spinach salad (page 70).
have a couple of alcohol-free days a week.		
Mango and raspberry jelly parfait (page 33).	1 Weis Minis Mango & Ice Cream bar.	Mango and raspberry jelly parfait (page 33). ***Pictured above.***
Always discuss your exercise plans with your doctor first.		

WORDS LISA URQUHART, DIETITIAN **PHOTOGRAPHY** ISTOCKPHOTO, GETTY IMAGES

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VANILLA ICED COFFEE FRAPPE (GLUTEN FREE)

Serves 4

Cocoa powder, to dust

1 tsp (or 12 squirts) **Equal 'Very Vanilla' Liquid Sweetener**

2 cups crushed ice cubes

1/2 cup strong black coffee, chilled

1/2 cup light milk

Dust 4 glasses with a little of the cocoa powder and put in fridge to chill. Put Equal liquid, ice cubes, coffee and milk in a blender jug. Blend until ingredients form a smooth icy mixture. Pour into chilled glasses. Serve.

Per Serve: Energy 92.2kJ, Protein 1.2g, Fat total 0.4g, Fat Saturated 0.3g, Carbohydrate 3.5g, Sodium 12.2g

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All the tips, tricks and ***inside knowledge*** for healthy cooking, brought to you by our food editor, Alison Roberts

Food *bites*

KITCHEN TIP

SUPER SPEARS

Spring is the perfect time to get your hands on beautiful, fresh Australian asparagus. Available in three colours – green, white and (yes!) purple – asparagus gives you a healthy hit of antioxidants as well as vitamins A, K and E.

STORE IT There are two ways to store asparagus. Wrap in a damp tea towel, pop in a plastic bag and keep in the crisper drawer of your fridge. Alternatively, you can stand the spears upright in a container with about 1cm of water. Cover with a plastic bag and keep in the fridge.

FREEZE IT To prepare asparagus for freezing, trim off woody ends, then blanch by cooking in boiling water for 1 minute. Drain and refresh in cold water to immediately halt cooking. Drain and pat dry with paper towel. Transfer to freezer bags, label, date and freeze for up to eight months. When you're ready to use it, simply thaw. Remember, your asparagus will need very little cooking at this stage as it has already been partially cooked.

60-SECOND BREAKFAST

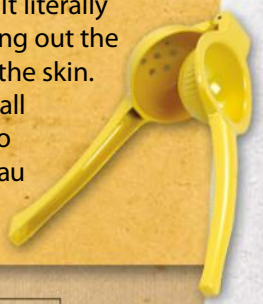
Toast 1 wholemeal English muffin and spread with 3 Tbsp low-fat smooth ricotta. Top 1 half with 2 sliced strawberries and 1 tsp pistachios. Top the other half with ½ small sliced banana, ¼ tsp honey and a sprinkling of ground cinnamon. Serve.

PER SERVE 1161kJ, **protein** 14g, **total fat** 4.9g (sat. fat 1.5g), **carbs** 39g, **fibre** 6g, **sodium** 418mg.
- **Carb exchanges** 2⅔.
- **GI estimate** medium.

To discover which *Diabetic Living* recipes are lower carb, vegetarian, gluten free, have a gluten-free option or can be frozen, turn to our Recipe Index on page 137. We want you to get the most out of every issue, so please share your ideas by writing to us at diabeticliving@pacificmags.com.au

SQUEEZE IT

If you find juicing fruit hard on your hands, a Davis & Waddell citrus squeezer might help. Available in two sizes and colours, you simply put a cut citrus half in the perforated side and squeeze the handles together. It literally hugs the citrus, pressing out the juice and leaving just the skin. From $9.99 for the small size. For stockists go to davisandwaddell.com.au or call (03) 9474 1300.



SUPERMARKET CRUSH

Good morning!

Looking for a tasty start to the day that's also good for you? Monster Health Food Company cereal contains less fat than regular muesli brands. The range includes Choc-Lish muesli with dark chocolate, walnuts and chia seeds, Free & Fruity gluten-free muesli and low-GI Multigrain Porridge. Serve warm or cold with low-fat milk or yoghurt, a drizzle of honey and seasonal fresh fruit. Available at supermarkets, from $8 per 405g-700g bag.

PHOTOGRAPHY ISTOCKPHOTO, GETTY IMAGES

SCAN AND SAVE
Use the free ***viewa*** app to scan this page for quick and healthy snack ideas. Easy!

QUICK AND EASY

Snack ideas

Take a well-earned timeout with these speedy hunger-busters

Almond, strawberry and honey yoghurt

Put 125g halved fresh **strawberries** in a serving bowl. Top with 90g (⅓ cup) **low-fat honey-flavoured yoghurt.** Sprinkle over 1 tsp **pepitas** and 1 tsp **slivered almonds** and serve.

PER SERVE 607kJ, **protein** 8g, **total fat** 4.2g (sat. fat 1.3g), **carbs** 17g, **fibre** 2g, **sodium** 47mg. • **Carb exchanges** 1. • **GI estimate** low. • **Gluten free.**

Zesty cream cheese and salmon on rye

Spread a 30g slice **rye bread** with 2 tsp **extra-light cream cheese.** Top with 4 thin slices **cucumber,** 20g **salt-reduced smoked salmon, dill sprigs** and a little finely grated **lemon zest.** Sprinkle with **pepper** and serve.

PER SERVE 570kJ, **protein** 8.3g, **total fat** 4.2g (sat. fat 1.6g), **carbs** 15g, **fibre** 2g, **sodium** 245mg. • **Carb exchanges** 1. • **GI estimate** low.

Asparagus with tzatziki dip

Trim woody ends from ½ bunch **asparagus.** Blanch (see Super spears, opposite page) and serve with 80g (⅓ cup) **low-fat tzatziki.**

PER SERVE 283kJ, **protein** 5g, **total fat** 2.4g (sat. fat 1.3g), **carbs** 4g, **fibre** 2g, **sodium** 183mg. • **Carb exchanges** ⅓. • **GI estimate** low. • **Gluten free.**

If you're keen to cut down on sugar, satisfying your ***sweet tooth*** – and your tastebuds – can be a challenge. We sent three volunteers to the confectionery aisle to get the scoop on the yummiest lollies in town

Meet the taste team

Lou Vickers-Willis, *DL* Change4Life ambassador, living with type 2

Dan Mulvena, puzzle compiler, living with type 1

Alison Roberts, *DL* food editor and busy mum of three

Double 'D' Zero % Sugar Cola Bottles

ALISON Soft and chewy with a long-lasting cola flavour, these were really yummy and a hit with the kids.
VERDICT 4/5

Werther's Original Cream Candies

LOU These taste exactly like the ones with sugar and remind me of my childhood. Caramel goodness in a hard lolly!
VERDICT 5/5

Wow Naturals Fruit Chews

ALISON On the plus side, these come in a number of flavours. However, while some are okay, others are sickly sweet.
VERDICT 2/5

Double 'D' Gummy Bears

LOU I could easily eat a whole packet of these! Gummy and yummy, they're a really good substitute for the regular sugary ones.
VERDICT 4.5/5

Sugarless Confectionery Charming Snakes Jelly Delights

DAN Not overly sweet, with a perfect soft and tender jelly texture – it's just a pity the bag isn't bigger!
VERDICT 4.5/5

Kopiko Coffee Drops Made With Real Coffee

LOU Amazing, but then I love coffee! They have a strong flavour but a nice texture and they don't leave a bad aftertaste.
VERDICT 5/5

Double 'D' Sugar Free Choco Drops

ALISON These ones weren't my favourite, but they had a nice chocolatey/cocoa flavour that lasted all the way to the end.
VERDICT 3/5

Sugarless Confectionery Hard Candy Watermelon

DAN There was a lot of sucking involved for a lolly that barely tasted like watermelon. The weird artificial flavours did not appeal.
VERDICT 2.5/5

Licorette Licorice Flavoured Pastilles

LOU These smell… interesting! I'm not a big fan of licorice and it felt like I was chewing on rubber at first, but they grew on me.
VERDICT 3/5

Double 'D' Zero % Sugar Marshmallows

DAN Being a marshmallow lover, I found these disappointingly chewy and tasteless – it felt like I was chewing pieces of packing foam.
VERDICT 2/5

Sugarless Confectionery Berry Bliss

ALISON I really enjoyed these. The raspberry flavour was the favourite with my family – the liquid centre was slightly tart, which was tasty.
VERDICT 4/5

Wrigley Eclipse Mints Peppermint

LOU A powerful punch of mint that made me sneeze a lot! Good for bad breath and to chew on after food.
VERDICT 5/5

Jols Pastilles 3 Fruits

DAN For a small lolly, these had plenty of flavour. I enjoyed all three types – raspberry, orange and blueberry – but my pack did seem overstacked with blueberry.
VERDICT 5/5

Wow Naturals Lemon & Lime Candy

DAN I love anything that tastes of citrus, so I really enjoyed sucking on these. There was lots of flavour and no funky artificial aftertaste!
VERDICT 4/5

ASK AN EXPERT

DL **dietitian Dr Kate Marsh gives her verdict**

✔ **THE PROS** 'Sugar-free lollies can satisfy your cravings and contain no sugars or fats, so won't spike your blood glucose levels (BGLs). They are also more tooth-friendly than sugary sweets.'

✘ **THE CONS** 'They're usually made with artificial sweeteners, such as maltitol, sorbitol and isomalt, which can cause bloating and diarrhoea. Like regular lollies, most also have colours, flavours and other additives, so are best enjoyed in small amounts.' ■

Food that *works* for you

Every recipe in *Diabetic Living* has been carefully created to help you enjoy a ***healthy, balanced*** diet

If you need to lose weight, reduce your salt or fat intake, or keep an eye on your carbs, just refer to the Nutrition Info box alongside each recipe. You can use it to track all of your nutritional requirements, as well as count your carbs and carb exchanges. You'll also find out whether a recipe is low, medium or high GI, or gluten free. Easy!
Alison Roberts, Food Editor *(far left)*
Lisa Urquhart, Dietitian

Serves 2 (as a main)
We show whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, 'as an occasional dish', it should only be eaten as a treat, such as once a fortnight.

Brand names
We sometimes use brand names to make it easy for you to find nutritionally suitable foods at the shops.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Make counting carbs easy: one carb exchange = 15g carbs. Aim for 1-2 exchanges in snacks, and 1-4 exchanges in a meal.

PHOTOGRAPHY LOUISE LISTER (FOOD)

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight* **Kilojoules** 8700kJ **Protein** 50g **Total fat** 70g **Saturated fat** 24g **Carbs** 310g **Fibre** 30g **Sodium** 2.3g

To lose weight* **Kilojoules** 6000kJ **Protein** 50g **Total fat** 40-50g **Saturated fat** 15g **Carbs** 180g **Fibre** 30g **Sodium** less than 1.6g

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

LIVING *well*

In this ISSUE

Spring into weight loss
Fun ways to exercise outdoors and top tips to outsmart slim-down setbacks

Diets road test
Three Aussies reveal how they shed the kilos – and beat diabetes

The sweet life
That Sugar Film's Damon Gameau dishes up his recipe for healthy eating

Love actually
Clever ways to diabetes-proof your relationships

PHOTOGRAPHY GETTY IMAGES

JUMP *weight-loss* HURDLES

Hit a slim-down setback? This ***handy troubleshooter*** identifies – and downsizes – the chief culprits keeping your goals out of reach

Here's the truth: losing weight is tough. Even when you're eating well, exercising regularly and making smarter lifestyle choices, you're likely to hit roadblocks – from fluctuating blood glucose levels (BGLs) and stress to menopause – that can stand between you and your slim-down goals.

If this sounds familiar and you're getting close to throwing in the towel, then it's time to fight back! Here's how to put your winning plans into action...

HURDLE #1

Your medication or insulin makes it hard to stay slim

Readers share…
My quick-acting insulin caused me to put on 30kg over 10 years. I changed to a new drug and lost 13kg.
– Michelle Korszosk

'Keeping your waist measurement under control can be made more difficult by insulin and other diabetes medications,' says Professor Merlin Thomas, head of Baker IDI Heart and Diabetes Institute's Biochemistry of Diabetic Complications Laboratory. 'Some medications cause weight gain by diverting energy from the blood into our fat stores.'

Prof Thomas adds that it's not unusual for people to gain 2-5kg during their first year of insulin treatment. The good news? 'Some of the other medications used to manage diabetes can actually make it easier to lose weight,' he says.

Jump it: Talk to your care team – it may be possible to change your medication or insulin regime. 'But it's important to remember that, with the right level of physical activity and kilojoule intake, weight loss is possible for anyone living with diabetes, regardless of their medication,' says Prof Thomas. 'It's not easy, but it is possible.'

So ask your care team for advice about tailoring your diet to keep your BGLs stable while still allowing for weight loss.

HURDLE #2

You overeat when your BGLs are low

Interestingly, just the fear of experiencing a hypo (hypoglycaemia or low BGLs) can lead to weight gain. 'Some people go to great lengths to avoid hypoglycaemia once they've experienced it or believe they're at risk of experiencing it,' says Prof Thomas. 'This can mean eating when they aren't hungry, snacking frequently or making other dietary choices that aren't good for their waistline.'

Behaving in this way to avoid hypos is absolutely understandable because hypos are annoying and distracting at best, and frightening at worst. Happily, there are ways to work around this.

Jump it: Prof Thomas says many hypo episodes can be avoided. 'This can be done by making smart dietary choices and, with the help of your care team, adjusting any medications used to lower BGLs.'

While preventing hypos through good diabetes management also avoids negative knock-on effects on the scales, when you do experience one, fight the temptation to overeat. All you should need to consume is six or seven jelly beans or half a can of regular soft drink. If your BGLs are still low after 15 minutes, follow up with a piece of fruit, glass of milk or tub of plain low-fat yoghurt. ➤

Readers share…
Losing the first 8kg was easy. Now I need to up the exercise, I think, to lose the rest. My BGLs are improving over time.
– Gill Beattie

HURDLE #3

Menopause has 'caused' kilo creep

Thought you were destined to gain weight while going through menopause? Current research indicates that menopause and kilo creep don't actually go hand-in-hand. However, going through menopause does change where weight gathers. A post-menopausal drop in oestrogen means women become more likely to store fat around their stomach, compared to the 'pear shape' of pre-menopause. Not only is stomach fat difficult to shift, it can increase your risk of developing type 2.

Jump it: Studies prove that skipping meals increases your risk of putting on belly fat. Counter this by eating regularly. This will also help keep your BGLs on track. Regular exercise is also key for overcoming menopausal weight gain, so aim for 40 minutes of moderate exercise (where your breathing rate increases, but you can still chat) most days of the week.

Aerobic exercises such as walking, swimming, running and boxing have been found to be the best for fighting abdominal fat. A recent study showed that after eight months, people doing aerobic exercise lost 20 times more stomach fat than people who only lifted weights.

For fresh aerobic exercise ideas, turn to page 96 for *DL* accredited exercise physiologist Christine Armarego's easy outdoor workout guide.

LOSE IT FOR LIFE

Keep the kilos off for good by adopting these healthy habits

WEIGH YOURSELF REGULARLY Hitting the scales and tracking your results is a tactic that encourages long-term weight loss. The reason? Researchers say it works as a primer, so you're more conscious of making healthy choices after you've weighed in. While some suggest stepping on the scales daily, make sure you do it at least once a week. Any less and the weight starts to creep back on.

HURDLE #4

Being stressed or upset causes you to overindulge

Do you often order takeaway or reach for the biscuit tin when you've had a taxing day at work or when your diabetes is playing havoc with your stress levels? Studies show that eating in response to emotional triggers makes it difficult to lose weight – and harder to keep it off once you've lost it.

'When we're children, food is often used as a reward or to make us feel better,' says dietitian Tara Diversi. 'The trend can continue when we're adults so that we're almost self-medicating with food.'

Jump it: Keep a food diary, noting what you're eating and when, as well as how you're feeling at the time. 'It'll help you realise what's triggering your eating,' says Diversi. 'By recognising that it's because you're feeling stressed or sad rather than actually being hungry, you're more likely to be proactive the next time you're feeling emotional by choosing to exercise or talk to a friend instead of eating.'

If you need some extra help to overcome emotional eating, speak with your dietitian, diabetes educator or GP. Keep in mind that they're there to help you hit your weight-loss targets, not to criticise or blame you. Your GP may also provide you with a referral to a psychologist.

Readers share…
I do hold a bit more weight due to having polycystic ovary syndrome (PCOS) but I eat properly, exercise a lot and am quite fit.
– Wendy Flint

HURDLE #5

Neuropathy makes exercising challenging

If you have neuropathy (diabetes-related nerve damage) you need to take special care of your feet to avoid complications such as ulcers. That doesn't mean that you can't – or shouldn't – exercise, says Prof Thomas.

Jump it: Exercising safely while wearing comfortable, well-fitting socks and shoes that support your feet is key. Talk to your GP or an exercise physiologist about a fitness plan that accommodates your neuropathy. If activities that require your feet are too difficult, think outside the box.

'Try doing non weight-bearing physical activities, like swimming or water aerobics,' suggests Prof Thomas. ➤

MAKE IT EASY US researchers found people who lose weight and keep it off long term have a number of habits in common. These include being vigilant about removing the temptation to overeat unhealthy foods by keeping kitchen benches clear of all foods, except healthy ones, and never eating food directly from large packages. Give it a go!

GET SNAP HAPPY Tracking and recording your weight-loss success by keeping a photo diary of yourself keeps you motivated to lose weight and maintain the loss. For the best results, take a new image of yourself each week.

MIND WHAT YOU EAT Practising mindful eating not only promotes long-term weight loss, it also improves BGLs and ratios of 'good' and 'bad' cholesterol. Eat slowly and pay attention to the smell, sound and textures of the food; put utensils down between mouthfuls and check in with your hunger signals regularly. Also, never eat while you're doing something else, such as reading, driving or watching television.

ONE'S THE MAGIC NUMBER Studies show maintaining weight loss gets easier once you hit the one-year mark. Keep the weight off for that long and your body's appetite-inhibiting hormones get reset, helping your body accept the lighter weight as 'normal', rather than fight against it. This means it's easier to maintain your new weight in the long term.

HURDLE #6

You've hit a plateau and now your motivation is flagging

First up, don't let those stalled scales derail your weight-loss efforts, because it's not a reflection of how hard you've been working. It's important to remember that most people will experience a plateau while slimming down. That's because losing weight causes your metabolism to slow down and your body to burn fewer kilojoules, even if you're eating healthily and getting regular exercise.

Jump it: To get things moving again, put a fresh spotlight on what you're eating. Why? According to a 2014 study, the biggest cause of weight-loss plateaus is when your diet goes slightly off track without you realising it.

This could actually be something as small as having a teaspoon of sugar in your cup of tea or coffee. If you drink three cups a day, that adds up to five tablespoons of sugar a week.

Or you could be eating too much of a good thing, for example, having three or four pieces of fruit each day, rather than the recommended two. While fruit is great for your health and wellbeing, it also contains high amounts of fructose or natural sugar.

The best way to identify patterns like these is to start writing down what you eat. Not only did a US study pinpoint this habit as the number one piece of weight-loss advice due to its effectiveness, but further research discovered that doing it doubles how many kilograms you'll lose over six months.

Discuss your findings with your dietitian or diabetes educator, who can help you form healthy new habits without going hungry (really!).

It may also help to divide your bigger weight-loss goal down into smaller, more achievable ones. So if you want to lose 20kg in total, set yourself a smaller goal of being 5kg lighter in a few months. Otherwise, if you try to tackle the 20kg goal in one hit, it can seem like it's taking too long or, worse still, that you'll never get there, which makes quitting more appealing. ■

Readers share…
My weight went up and my insulin went up to match, which made my weight go up even more. I ended up doing a DAFNE (dafne.com.au) diabetes course. I lost 4kg in the week I started it.
– Paul Mayot

For more health stories visit diabeticliving.com.au

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

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A breath of fresh air

Walking on SUNSHINE

Put the 'out' in workout and take your activity alfresco. *DL* accredited exercise physiologist ***Christine Armarego*** shows you how

The sun is rising earlier now, bringing with it the promise of summer. There's something about this change of season that draws us out into the fresh air and gets us feeling like we want to move more. If you've been confining your workouts to your home or the gym, now is the perfect time to venture into the great outdoors.

Exercising outside ticks a lot of health and wellbeing boxes. It gives you a change of scenery and it increases motivation because, unlike working out inside, you get to see where you've been and where you're going, which in turn can encourage you to go further and faster. Plus, it offers an opportunity to try out new kinds of exercises and equipment, and to broaden your fitness repertoire.

The health benefits of exercise are extensive, especially for people with diabetes. Take walking, for example. It can:

- Reduce your blood glucose levels (BGLs) and improve your overall diabetes management.
- Improve your cardiovascular fitness, which is especially important for people with diabetes as cardiovascular disease is a complication of the condition.
- Increase muscle endurance.
- Assist balance and general mobility.

See over the page for great ways to start, and for three other activities best done in the sun. Give them a go! ➤

WALKING

Walking is Australia's most beloved (and medically prescribed) exercise. Why? Because it's easy to do – we learned it as toddlers!

Walking doesn't require special skills or expensive equipment beyond well-fitting shoes and socks. Plus, you can set your own pace depending on how you are feeling.

HOW TO... *step up your walk*

Walking is great for glucose management but it needs to be challenging to really cash in on the benefits. Once you've mastered the beginner's program (right), it's time to step it up

ADD HILLS to increase the intensity of your walk. You'll really huff and puff by the time you reach the top. (And you'll have a fantastic view!) You can start with one small hill and build up your fitness from there.

CARRY A BACKPACK if mobility issues or your location make hill climbing difficult. Increase the weight you're carrying as your own starts to reduce, and be proud of how far you've come!
Top tip: Make sure your backpack is padded and fits well. Start with a light load, then gradually increase it to 5kg then 10kg.

TRY HIKING to soak up some beauty while you exercise. Pack your lunch, water, a hypo treatment, bandaids and some spare socks. As you eat and drink, your pack will get lighter – a bonus during the home stretch!
Top tip: Start with a flat but scenic walk, such as around a local lake or harbour. Then move to something more challenging.

ADD A SOUNDTRACK to get you in the mood to move. Using music to increase your step rate can really get you feeling good and, more importantly, walking faster. Plus, your favourite playlist will make the time pass more quickly. Win-win-win!

HIIT IT HARD and get fitter faster – a bonus if you're short on time. High-intensity interval training (HIIT) is especially good at improving your cardiovascular fitness, which is an important indicator of how healthy you are in general.
Top tip: The general idea of HIIT is short bursts of exercise with breaks in between. Aim for each interval to be about 90 per cent of the maximum effort you are capable of putting in. For some people this will be hills and for others it will be running, so tune into your body to figure out what's right for you.

If this sounds too intense, start by adding one 30-second speed interval to walks and build up as your fitness improves. ➤

4 weeks to a fitter you!

New to walking for fitness? Give this beginner's guide a try

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND (optional)
WEEK 1	**Light walk*** 5-10 mins	**Light walk** 10 mins	**Light walk** 10 mins + **Stretch** 2 mins + **Light walk** 10 mins	**Light walk** 10 mins + **Moderate walk~** 5 mins	Rest day	**Light walk** 10-15 mins
	EXPERT TIP: Stretching after exercise will reduce soreness later.					
WEEK 2	**Moderate walk** 5-10 mins	**Light walk** 15-20 mins	**Moderate walk** 10-15 mins	**Moderate walk** 15 mins *OR* **Light walk** 20-25 mins	Rest day	**Moderate walk** 15 mins
	EXPERT TIP: Listen to your body. Pay attention to normal signs of exertion versus hypoglycaemia (low BGLs). Test your BGLs if you're unsure and treat lows with 15g of fast-acting carbohydrate. See page 120 for advice.					
WEEK 3	**Moderate walk** 15 mins	**Moderate walk** 20 mins *OR* **Light walk** 30 mins	**Moderate walk** 20-25 mins	**Moderate walk** 20 mins *OR* **Light walk** 35 mins	**Light walk** 35 mins	**Moderate walk** 25 mins
	EXPERT TIP: Increasing your incidental exercise helps to manage BGLs. Try getting up and walking around for 5 minutes every hour – by the end of seven hours, you will have clocked up 35 minutes of extra walking time!					
WEEK 4	**Moderate walk** 25-30 mins	**Moderate walk** 20 mins *OR* **Light walk** 35 mins	**Moderate walk** 30 mins	**Moderate walk** 30 mins	**Light walk** 40-45 mins	**Moderate walk** 30 mins
	EXPERT TIP: Use a pedometer or a tracking app like MyFitnessPal to help you keep tabs on both your structured walking workouts and your incidental exercise.					

** On a light walk, you should be able to breathe easily and carry on a normal conversation.*
~ On a moderate walk, your breathing rate should increase but you should still be able to speak.

CYCLING

Getting on your bike is a fun way to spice up your outdoor exercise. Cycling will provide an intense workout while also boosting your cardiovascular fitness and weight loss.

Your essential equipment

Having the right kind of gear is vital for successful cycling

BIKE: A good bike doesn't have to break the bank but it does need to be the right height for you and have a reasonably comfortable seat, keeping in mind that no bike seat is perfectly comfortable! If you're not sure about buying one, you can hire and try different models. When you are ready to buy, ask the store to let you ride up and down the road a few times before you commit.

TYRES: If you'll be doing your riding on roads, choose slick (treadless) tyres – they have better grip and less resistance than tyres with tread.

HELMET: You'll need a helmet that meets Australian standards. Ask the salespeople to help adjust it so that it is comfortable to wear.

ACCESSORIES: If you plan to ride in the early morning or late evening, invest in some lights that you can attach to your bike. A tyre pump and a patch kit are also essential.

TRY THIS... 4 easy rides

Get started with cycling on these fun and fitness-boosting rides!

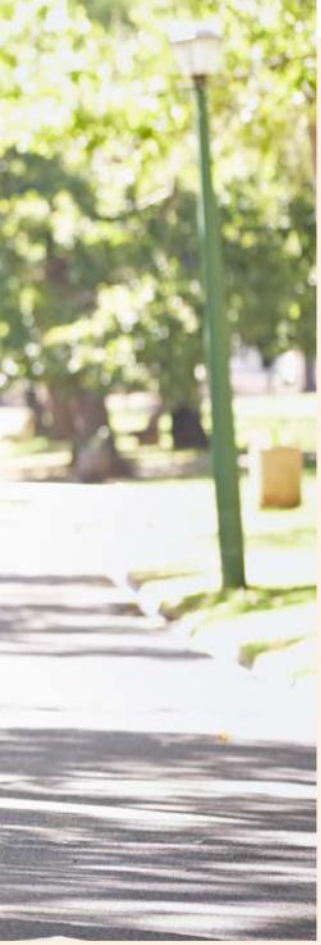
The highway ride… With nothing but the horizon and the long road ahead, you will really push your endurance. You can work on your speed and get used to traffic without having to make any turns.

Hill climbs… The excitement of making it to the top makes the climb worthwhile! Hills can improve your power output too – essentially, you get stronger, and will find riding on a flat surface easier. If you are new to riding hills, choose a route that has one hill. Once you've mastered it, progress to a more challenging hill ride.

Recovery ride… Interestingly, one of the best ways to recover from a tough ride is to cycle again the next day – albeit at a much slower pace. This reduces soreness and stiffness from the previous day.

Holiday ride... If you can't take your bike away, hire one when you reach your destination. You can even hire them to ride around Uluru and other beauty spots.

PHOTOGRAPHY GETTY IMAGES, ISTOCK PHOTO



YOUR OUTDOOR CHECKLIST

Diabetes-proof your workout by taking these six simple precautions before you head outside:

- ☑ Wear sunscreen and a hat.
- ☑ Invest in comfortable, supportive shoes to protect your feet.
- ☑ Wear layers that will shield you from the cold, but that can be removed as the weather – and your body – heats up.
- ☑ Carry water with you at all times to prevent dehydration.
- ☑ Have your hypoglycaemia kit with you.
- ☑ If you are getting up much earlier than you usually do, ensure you check your BGLs before you exercise. Check again after your workout too.

GOLF

Golf is a fantastic social sport and improves balance, flexibility and cardiovascular fitness. It demands so much focus that players hardly notice all the effort they put in!

Swing into golf

1 Start by signing up for a lesson. Learning something new or getting pointers on how to improve your game will make the whole experience more rewarding.

2 Spend time on the driving range to hone your skills and the power of your swing. Resting between drives will help you see just how much effort goes into doing them.

3 Once you get used to playing nine holes, test your endurance and extend your game to 18.

4 Ditch the motorised cart and walk the course, pulling your clubs on a trolley. If others need the cart, try to walk every second hole. You'll see the course better and can tweak your game accordingly. ■

TAI CHI

With origins in China, tai chi is often practised outdoors and led by an instructor who talks a group through a series of slow movements that tell a story.

Why tai chi works

While it's not challenging as a workout on its own, tai chi is a great complement to cardio and resistance exercises because:

- The slow, smooth and continuous movements are great for muscular endurance, while also being kind on joints.
- It requires control of movement and static muscle contractions, which helps you build strength for everyday activities.
- It improves balance, flexibility and, to a lesser extent, your walking speed.
- The movements involve control of breath and are meditative, making tai chi a relaxing, calming form of exercise.
- You can modify the movements to suit your ability and fitness level.
- Recalling the various tai chi poses can give your memory a boost.

DIABETES DIETS

'How we changed our lives'

Can overhauling what you eat really help you reverse pre-diabetes or type 2? Meet three Aussies who *took the diet challenge*

Our trio signed up to participate in The Saving Australia Diet, an ongoing series on Channel Seven's *Sunday Night*. Each of them followed a different diet to see which is most effective in overcoming symptoms of pre-diabetes and type 2. Eight weeks in, here's what they had to say about the changes to their health, weight and happiness.

'I no longer have pre-diabetes'

Jack Merolla

AGE: 50
HEIGHT: 178cm
DIAGNOSED WITH PRE-DIABETES: 2015

WEIGHT: 91kg (before diet) and 73.6kg (after eight weeks)
BLOOD GLUCOSE LEVELS (BGLs): 8.2 (before diet) and 5.8 (after eight weeks)
DIET: The 8-Week Blood Sugar Diet, thebloodsugardiet.com

A manager at Freemantle Port in Perth, self-confessed 'sugar-holic' Jack lives with his wife and two kids. After years of carb-rich meals, Jack tried the 8-Week Blood Sugar Diet, eating 800 calories (3347kJ) a day of Mediterranean-style, low-carb meals.

'Really fast weight loss appears to be much more effective in lowering blood sugars,' says Dr Michael Mosley, the British GP and TV presenter who favours the diet. 'Just losing 10 per cent of your body weight cuts your risk of type 2 diabetes by 90 per cent.'

JACK'S VERDICT

'Getting used to the smaller portions was hard at first, but the meals were tasty and filling, so that made it easier. I also started walking and the weight quickly came off.

'Six weeks in, my concentration and energy levels really improved, and my blood pressure and cholesterol levels are now in healthy ranges. I'm ecstatic to say I no longer have pre-diabetes.'

JACK'S HEALTH HISTORY

- Diagnosed in 2015 with pre-diabetes.
- High cholesterol and blood pressure.
- High levels of visceral (belly) fat.

UNHEALTHY FOOD HABITS

- Snacking on chocolate and ice-cream.
- Too many carbs (pizza and pasta).
- Too many takeaway meals.
- Too many daily kilojoules.

EXERCISE

- ***Before diet:*** Played squash.
- ***Now:*** Walks 10,000 steps a day.

‘I beat type 2’

Tony Benneworth

AGE: 65
HEIGHT: 180cm
DIAGNOSED WITH TYPE 2: 2008

WEIGHT: 121kg (before diet) and 109kg (after eight weeks)
BGLs: 14 (before diet) and 4.3 (after eight weeks)
DIET: Low carb/healthy fats

A former professional cricketer, Tony recently retired from working as a government advisor in Tasmania. Before he changed his habits, Tony’s diet was just too much – portions too big, too many late-night snacks and too much junk food.

The low carb/healthy fats diet that Tony is now eating involves lots of vegetables, healthy fats and minimal carbs.

‘We eat too many foods too high in starchy carbohydrates,’ says paleo chef and host of *My Kitchen Rules* Pete Evans, who has been advising Tony on his diet. ‘We need to eat more healthy fats. These don’t make you fat if you eat the right ones in the right packages from nature, such as nuts, seeds, eggs and avocados.’

TONY’S VERDICT

‘Though I missed eating potatoes and bread, I really didn’t struggle to stick to the food changes. I was terrified of getting diabetes complications, so I approached this as a life change, not a diet.

‘I’ve realised the importance of proper portion sizes and reading food labels, and I feel brilliant health-wise now. My cholesterol and blood pressure have radically improved. I’ve gone from taking seven daily tablets to half a tablet, saving me $150 a month.

‘According to my current BGLs and other health changes, I no longer have type 2 diabetes. I couldn’t be happier!’

‘I’ve gone from taking seven daily tablets to half a tablet, saving me $150 a month. I couldn’t be happier!’

TONY’S HEALTH HISTORY

- Diagnosed with type 2 diabetes in 2008.
- Overweight.
- High cholesterol levels and blood pressure.
- High risk of heart attack.

UNHEALTHY FOOD HABITS

- Serving too much food.
- Loading up on carbs, such as potatoes, bread, scones and pasta.
- Too much junk food, including fish and chips and pizza.
- Late-night snacks, such as cheese and biscuits.

EXERCISE

- ***Before diet:*** No exercise at all.
- ***Now:*** Walks as much as he can, including to the shops, with his dog and when out fishing. ➤

CASS'S HEALTH HISTORY

- Diagnosed with gestational diabetes seven years ago, which resolved after the birth of her child.
- Diagnosed with type 2 in 2016.
- Overweight with fluid problems.
- Super-high BGLs, increasing her risk of diabetes complications.

UNHEALTHY FOOD HABITS

- No breakfast.
- Drinking soft drinks and 10+ cups of coffee a day with three sugars.

- Salty, sugary snacks like chips and chocolate.
- Eating takeaway dinners most nights, such as chicken kebabs and burgers.

EXERCISE

- ***Before diet:*** None.
- ***Now:*** A half an hour workout (at least) every day, mixing up walking, circuit training, boxing, weights and aerobics.

'I dropped four dress sizes'

Cassandra Floyd

AGE: 36
HEIGHT: 170cm
DIAGNOSED WITH TYPE 2: 2016

WEIGHT: 102kg (before diet) and 92kg (after eight weeks)
BGLs: 16.3 (before diet) and 5.6 to 5.9 (after eight weeks)
DIET: Low GI

Single mum Cassandra lives in NSW with her three daughters aged 20, 14 and seven. When she was diagnosed with type 2 in March, Cassandra had unhealthy dietary habits. She was skipping breakfast, having lots of sugary drinks throughout the day, snacking on chips and chocolate, then eating takeaway for dinner most nights of the week.

After embracing her low-GI eating plan (which is high in whole grains and fibre and low in saturated fats and sodium), self-described homebody Cassandra has started thinking about taking a trip around Australia and setting up a healthy low-GI takeaway business.

CASSANDRA'S VERDICT

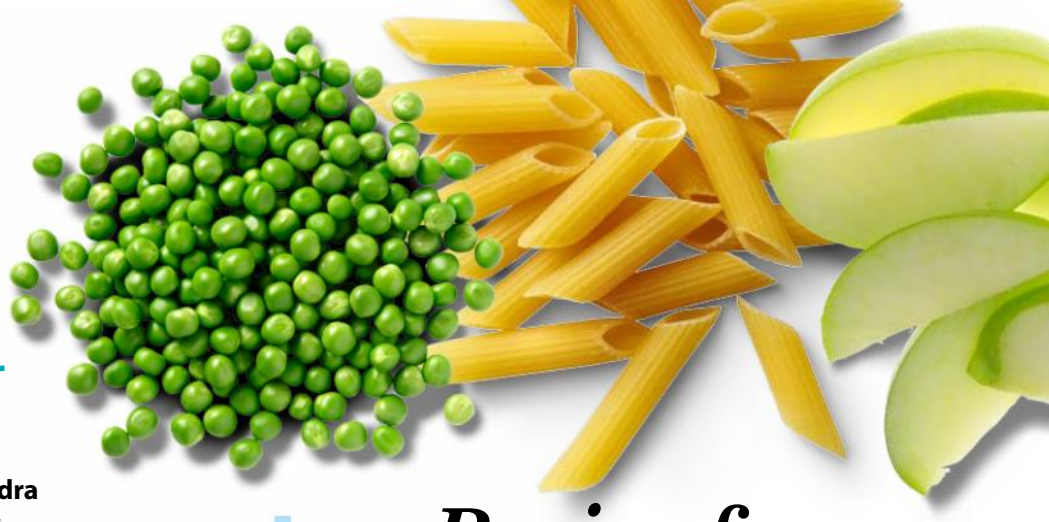
'I couldn't believe how fast I lost weight. After four weeks on a low-GI diet and regular exercise, I'd lost four kilos. After two months, I've lost over 10 kilos and 15cm from my waist. Low-GI eating has helped my girls lose weight, too. Now we all make healthier food choices.

'I used to be so depressed about my shape that I didn't want to go out, but now I'm socialising more. I recently squeezed into a size 16 pair of trousers and was over the moon! I have dropped four dress sizes and I plan to eat this way forever. My next goal is to get into a size 14 dress again.'

'After four weeks I'd lost four kilos, and after two months I've lost over 10 kilos and 15cm from my waist'

Weight and BGLs accurate at time of print.

WORDS STEPHANIE OSFIELD PHOTOGRAPHY GETTY IMAGES



INSIDER TIPS

How to change your food habits

Cassandra's dietitian, Alexandra Parker, shares the healthy makeover she gave her client

'I put Cassandra on a low-GI diet with plenty of wholefoods to keep her feeling full for longer,' says Parker. 'Studies show that a low-GI diet can help prevent and manage diabetes, improve BGLs and reduce insulin resistance and blood cholesterol.'

With her dietitian's guidance, Cassandra made the following important changes:

Reading food labels: 'I now recognise the sneaky names they have for sugar, like honey, dextrose or maltose,' says Cassandra. 'And I choose foods with at least 10g of fibre and less than 15g of sugar per 100g.'

Cooking meals: 'Instead of eating takeaway I make my meals from scratch. And non-stick cookware means I avoid using oil.'

Making healthy swaps: 'I have learned to avoid eating starchy vegetables such as corn and potatoes at the same meal. I now eat low-GI meals such as a salad with four-bean mix for lunch, and lamb and vegetable stew on cauliflower mash for dinner. Low-GI foods not only keep me feeling full for hours, but I actually enjoy my food more.'

Eating mindfully: 'I eat more slowly to give my brain 20 minutes to register that I am full.'

For more about Jack, Tony and Cassandra's inspiring stories, go to au.news.yahoo.com/sunday-night/

Recipe for weight loss

Improve your health, trim your waistline and control your blood glucose levels (BGLs) with high-protein, low-GI eating, as recommended by *DL* dietitian Lisa Urquhart. Best of all, you won't go hungry!

'The Glycemic Index (GI) is a way of measuring carbohydrates on a scale from 0 to 100, according to the effect they have on your BGLs after eating,' explains Urquhart.

LOW-GI FOODS have a ranking of 55 or less and include brown SunRice Doongara rice, some multigrain breads, peas, apples and pasta. They produce a gradual rise in insulin and BGLs.

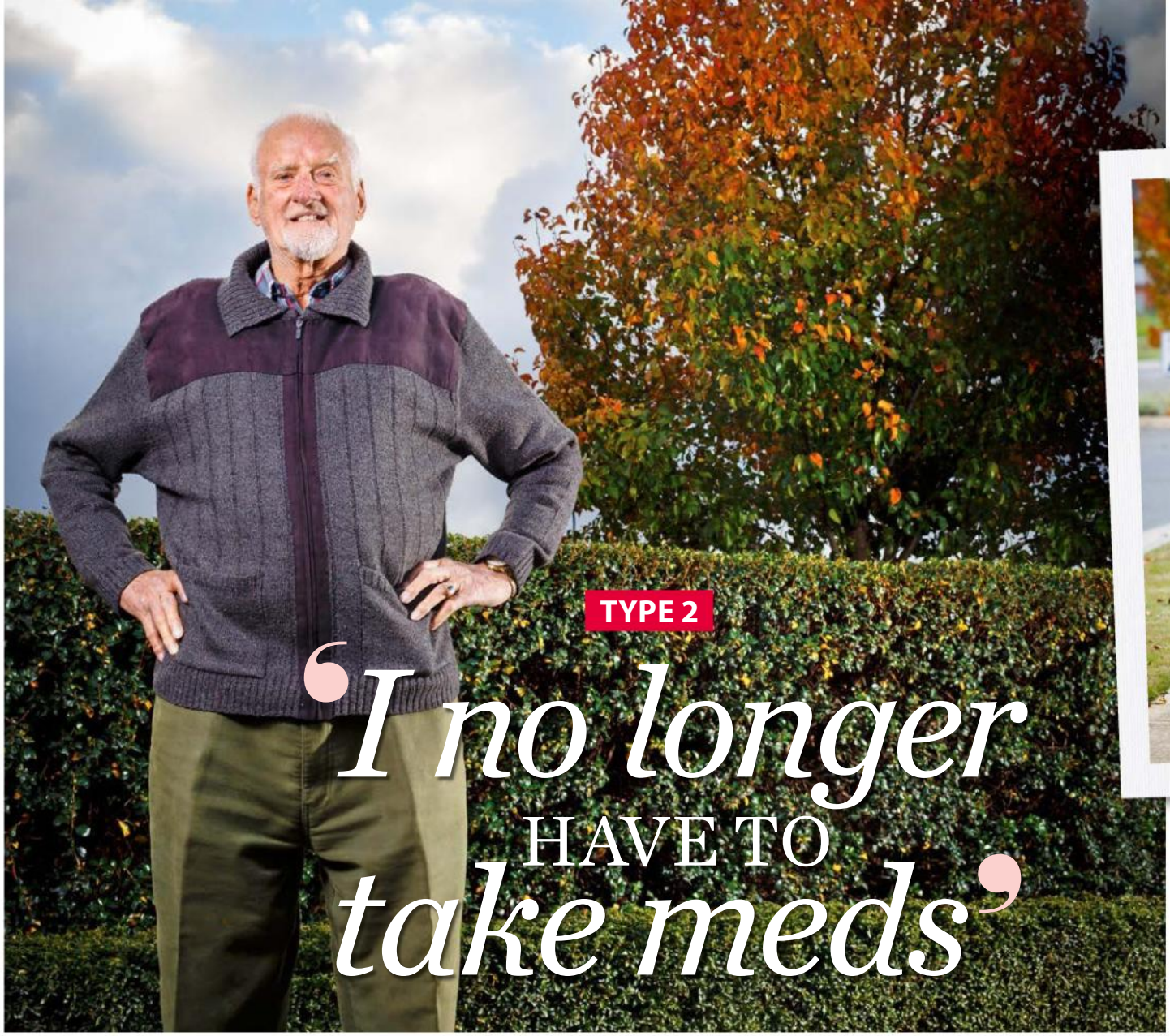
HIGH-GI FOODS have a ranking of 70 or above and include white bread and potatoes. They cause rapid spikes in BGLs and increase insulin production, making diabetes harder to manage and leaving you feeling hungrier.

'When you eat high-protein foods such as lean meats, eggs, fish and tofu, plus plenty of vegies, you increase the benefits of eating low-GI carbs.

'This high-protein, low-GI style of eating is extremely beneficial for people trying to lose weight as the combination lowers a meal's glycaemic load,' says Urquhart. 'This means food is broken down more slowly, which keeps you feeling full for longer and reduces the need for snacking.'

The benefits don't stop there. 'A high-protein, low-GI diet is simple to follow. It's healthy and balanced and not really a diet at all – you probably choose many of the options already!'

If you want to try this style of eating, speak to your diabetes care team and then start with the low-GI recipes in this issue. You'll love our fast, healthy and delicious meal ideas! ■



TYPE 2

‘I no longer HAVE TO take meds’

Trevor Spurr, 82, loved his beer and big dinners, but a heart attack and a type 2 diagnosis forced him to slow down – for the better

How did you discover you had diabetes?

It was my heart specialist who got on to it about four years ago. My GP suggested I was a borderline diabetic but my specialist said, ‘A woman is either pregnant or she is not. You’re not borderline – you have diabetes.’ So I went back to my GP and he put me on tablets.

There’s no diabetes in my family, so I was surprised. I’ve never been obese and we only eat proper food – no junk food. I might have a bit of a beer tummy but I’ve got that down lately.

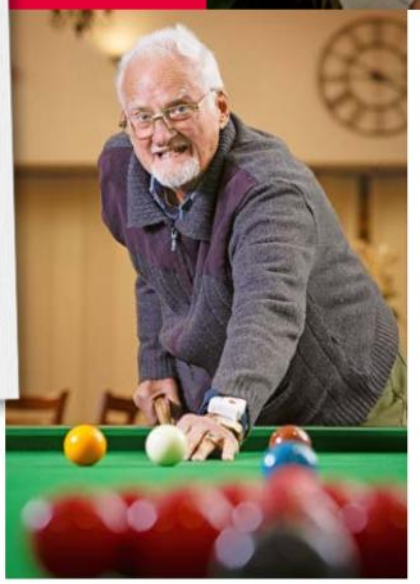
The medication seemed to make a difference. I got my own blood glucose meter and I use it to jab myself and test my blood sugars every morning before brekkie. I don’t remember how high it was before the medication, but on the tablets it was always around five (normal is between about 4 and 8mmol/L) and my doctor seemed happy with the change.

I was relieved that I only ever had to have tablets. I wouldn’t like to have to inject insulin. Even when I have my teeth filled I tell the dentist I don’t want a needle. That’s how much I don’t like needles! They really make me cringe.

When did you get told you no longer needed medication?

I had to go to hospital recently because I had a fluid build-up, which was very uncomfortable. They decided to take me off the diabetes tablets then, which surprised me. I thought maybe

TOP DOG
Trevor stays active through rehab classes, snooker with friends and exercise at home, including with four-legged fitness buddy, Sparky.



I didn't have diabetes anymore but my GP said I still did. I still have to test my blood sugars every morning and they're still always around five, which is good.

Do you think losing your beer tummy made a difference?
I used to be a shocker at having a few beers. It was nothing to go and have six beers after work. That was many years ago.

Now, I walk down to the clubhouse here at the retirement village a couple of nights a week and we play snooker and have a couple of drinks, but I only have three stubbies at the most. I think cutting back has helped.

Did you change anything about your diet?
I have smaller meals now, since the diagnosis. I used to be a big eater but I'm not doing any physical work now, so I don't need as much food. My wife, Lois, cooks all our meals. We met 60 years ago, which is a long time over the breakfast table.

I love a roast leg of mutton with gravy and mint sauce, or cold with hot vegies. Lois cooks us silverbeet, mashed potato, pumpkin, carrot and broccoli. When we have visitors she makes a lemon delicious pudding – that is beautiful – or dumplings.

Our main meal is at night, so at lunch we just have a sandwich and for breakfast we have cereal.

Do you have a sweet tooth?
Not really. I avoid sugar as much as I can. I have imitation sugar, which is supposed to be alright for people with diabetes. But I only have it on my cereal, not in my tea.

I was a shocker when I was a kid. I'd run down to the corner store and buy lollies all the time. Now the sweets can sit on the table here and I just look at them – and that's okay!

How active are you now?
I can't do anything strenuous anymore. About six years ago I had a major heart attack and I'm now battling on with only 25 per cent of my heart working. They say I've got heart failure but my heart has kept going, which is good. I take about 12 tablets for it, to keep me alive.

I do try to get out in the garden at times and dig a hole, but I get half way there and have to give it away. I do exercises. I go to rehab at the hospital and I have an exercise machine at home that gets your limbs moving. I do that twice a day. Doing exercises has made me stronger. At one stage I was finding it hard to walk but now I can walk no worries.

If my wife and I go shopping I have to troop along. I walk a bit then. The only time I get to stop is when she is going through the clothes racks! ■

Have diabetes and want to share your story? Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.

WORDS HEATHER WISEMAN PHOTOGRAPHY SIMON DALLINGER

GUT *instinct*

Keep your inner support crew happy and they'll reward you with ***better mood, easier weight loss*** and more effective diabetes management. Here's how…

Sick to your stomach of diabetes? You're not the only one! It doesn't seem fair, but research shows that people living with diabetes are more susceptible to a range of tummy troubles, from indigestion to constipation.

'Sometimes it can be a result of diabetes medications, particularly certain oral tablets that can cause digestive upsets,' says Rachel McKeown from the Australian Diabetes Educators Association (ADEA). Other times, these gutsy woes can be a side effect of blood glucose levels (BGLs) that are regularly too low or high.

'BGLs that are consistently out of range can increase the risk of nerve ending complications, which can lead to gastroparesis (delayed gastric emptying),' says McKeown.

Even the dietary changes many people make when they are newly diagnosed with diabetes can lead to a change in bowel habits and function, according to Dr Alan Barclay from the Dietitians Association of Australia (DAA).

'Wind and bloating can occur if you make sudden, dramatic changes to your diet, so it's always best to change eating habits gradually,' he says.

The problem is, as well as being uncomfortable to live with, an unhealthy gut can have serious side effects, with research demonstrating that digestive health has a big influence on everything from your mood to your risk of osteoporosis and heart disease. The composition of your gut bacteria – their numbers and diversity – can even determine how easily you are able to lose weight.

'Plus,' says McKeown, 'just as certain aspects of diabetes and its management can affect how healthy your gut is, we also know that unhealthy gut bacteria can make it harder to manage diabetes. So it's a bit of a vicious circle.'

The bottom line? Giving your gut a makeover is a smart move! Here are five easy ways to help you improve the health of your digestive system.

1 GET REGULAR EXERCISE

Research indicates that physical activity improves symptoms of constipation. Why?

'Exercise strengthens muscles, including those around the bowel, so exercising regularly can certainly help to keep your digestive system working properly,' says McKeown.

According to an Irish study, exercise also increases the diversity of your gut bacteria, and that plays a key role in good digestive health.

Belly dancers

2 AVOID OVERINDULGING IN JUNK FOOD AND ARTIFICIAL SWEETENERS While the sweeteners can negatively impact the function and make-up of your gut bacteria, junk food is typically high in fat and sugar. These two 'ingredients' create unhealthy gut bacteria changes, which can make it difficult to recognise when you're full.

3 FILL UP ON FIBRE In a 2013 study, people who ate a high-fibre diet for six weeks significantly improved the diversity of their gut bacteria. This meant they stood a better chance of maintaining a healthy weight.

'The same diet that's good for your diabetes is good for bowel health,' says McKeown. 'That includes eating plenty of high-fibre, low-GI foods.'

Examples include lentils, wholegrain breads and cereals, and most fruit and vegetables.

How much fibre is enough? A 2014 study recommended aiming for 35g a day (see our Nutrition info panels for guidance), which will create a healthy, weight-loss-friendly shift in gut bacteria.

4 DRINK PLENTY OF WATER 'Adequate fluid intake is important to ensure that the bowel works properly,' says McKeown.

In fact, a high-fibre diet might not prevent or relieve constipation unless you're drinking enough water every day.

'Remember that having elevated BGLs increases your risk of becoming dehydrated, so maintaining your fluid intake is vital.'

5 STAY ON TOP OF YOUR DIABETES 'Keeping your BGLs within the target range can help prevent long-term complications, including those that affect the bowel,' says McKeown.

'If you think your diabetes medication is affecting your bowel habits, talk to your GP.' ➤

Your healthy gut shopping list

Add these to your diet to keep your digestive system (and the bacteria that live there) in tip-top shape!

Unpeeled fruit and vegetables

Bypass the peeling stage and they become a better source of soluble and insoluble fibre, and you need both of those for a digestive system that works like a well-oiled machine.

Asparagus

'It's a good source of inulin, an excellent prebiotic,' says Dr Alan Barclay. Prebiotics provide food for your existing gut bacteria, helping them to thrive. Asparagus also contains fructooligosaccharide, another natural prebiotic, which stimulates the bacteria that boost intestinal immunity.

Pistachios

All nuts provide the digestive system with insoluble fibre, which helps prevent constipation, but according to a University of Florida study, pistachios are also effective at creating healthy changes in gut bacteria when you eat them daily.

Cold potatoes

When they're cooked and cooled, potatoes give you a hit of resistant starch, a substance that the small intestine can't digest. Once it hits the large intestine, gut bacteria ferment and change it into short-chain fatty acids that protect against bowel cancer.

Yoghurt

A study released earlier this year found that regular yoghurt eaters have a greater diversity of gut bacteria. 'Provided it's good quality, it can serve as a probiotic – one that tastes good and is relatively cheap,' says Dr Barclay. Probiotics are foods or drinks containing live bacteria that promote a healthy gut. The number of 'colony-forming units' varies between brands, so your diabetes educator or dietitian can help recommend the best one for you.

6 READERS SHARE

Leading a balanced lifestyle has given GP Dr Gary Kilov's gut and type 1 a helping hand

'A lifestyle that promotes good gut health isn't just about diet,' says Dr Kilov, who has been living with type 1 for more than three decades, and coeliac disease all his life. 'It also includes exercise, adequate sleep and stress management.

'So eating healthy, whole foods and exercising daily is what I aim to achieve, and I manage to do it most days. Because I have coeliac disease, a lifelong gluten-free diet is essential for me. Overall, I follow a Mediterranean-type diet, which I think should be the cornerstone of good dietary health for everyone.

'This involves eating lots of green leafy vegetables, legumes and pulses, as well as nuts for a healthy snack – all of which are gluten-free and diabetes-friendly foods. That certainly helps to keep my gut microbiota (bacteria) very happy!

'It also means that my gut isn't inflamed, so it's able to effectively absorb nutrients from the food I eat. As a result, my blood sugars are less erratic and my diabetes control is improved.' ■

WORDS KAREN FITTAL **PHOTOGRAPHY** GETTY IMAGES, ISTOCKPHOTO

Hope is on the **horizon** for **diabetes sufferers**

An exciting study into weight loss and diabetes using the Cambridge Weight Plan is showing that a weight loss of 11 per cent could result in reducing the growing number of people diagnosed with type 2 diabetes.

A European Union funded global study into weight loss and diabetes has revealed in its preliminary findings that a weight loss of 11kg or 11 per cent can reverse pre-diabetes. The PREVIEW study has recruited more than 2,300 people with pre-diabetes into a weight loss project starting with an eight-week Cambridge Weight Plan formula diet of 800 calories per day, to understand the best mix of diet and exercise to beat T2D.

When participant Paul Nugent, 51, from Brisbane began the Cambridge Weight Plan, he weighed in at 165kg and required twice-daily insulin injections for his type 2 diabetes. Following a weight loss of 42kg on Cambridge Weight Plan, his condition has dramatically improved. "I have been taken off my insulin injections altogether and now only require tablets," says Paul. "I have so much more energy now to play rugby with my boys and I literally jump out of bed in the mornings."

"I have so much more energy now to play rugby with my boys"

Jennie Brand-Miller, PREVIEW lead investigator at the University of Sydney, says people with pre-diabetes can reverse it by losing a significant amount of weight. "In many subjects, their fasting blood glucose levels have come back to healthy levels with their pre-diabetes disappearing."

Above: Paul Nugent at 165kg. Right: 42kg lighter, happier and healthier.

Below: Paul and Dr Fred de Looze with Consultant Tamara Lynam on Channel 7's *Weekend Sunrise* in July sharing the exciting results.

What is Cambridge Weight Plan?
Cambridge Weight Plan is a nutritionally balanced formula food available in a large range of shakes (including a ready-to-drink range) and soups, with lactose-free options available. Plus you can also get tasty porridges, meals like Spaghetti Bolognese or Chicken Tikka and chocolate and yoghurt bars, too.

Why should you try it?
You have the flexibility to lose weight quickly and healthily with or without conventional food. The choice is extensive so there is less risk of boredom. You are supported, motivated and encouraged by a consultant who will take you from weight loss to weight management, to help you keep your weight off long term.

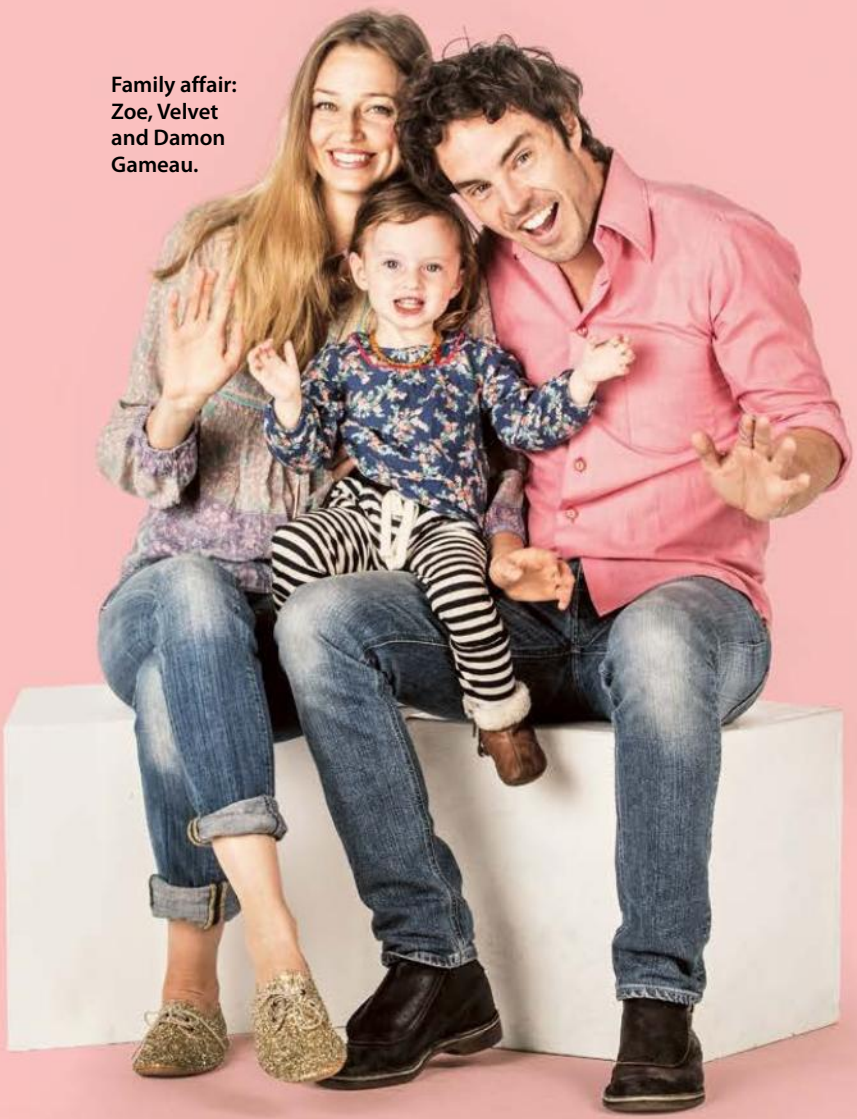
For more information on Cambridge Weight Plan, call **1300 365 891** or log onto **cambridgeweightplan.com.au**

Cambridge Weight Plan™
Real people, real support, real results.

Not for sale online or over the counter, Cambridge products are exclusive only to trained consultants or health professionals. This program is NOT GENERALLY SUITABLE for people with INSULIN REQUIRING DIABETES except under tight medical supervision. Always discuss the suitability of using meal replacements with your GP before embarking on any meal replacement program.

Sweet RELIEF

Damon Gameau documented a typical 'healthy' diet to explore its ***physical and emotional*** effects. Now, he's more convinced than ever that reducing sugar is essential for our wellbeing



Family affair: Zoe, Velvet and Damon Gameau.

We all know that eating too much sugar is bad, but many of us don't realise that a lot of supposedly healthy foods are actually loaded with the sweet stuff.

It's an awareness that actor turned film director Damon Gameau set out to raise in 2015 with *That Sugar Film* – the highest grossing Australian documentary of all time.

Damon has joined a growing chorus to address the amount of added sugar we consume. Since releasing his film (along with the best-selling *That Sugar Book*), he has spread his message to the world, including addressing the UK Parliament on a proposed tax on sugary drinks and being interviewed on American TV by celebrity surgeon Dr Oz, who gained fame on *The Oprah Winfrey Show*.

Damon's interest in changing our relationship with sugar began with his girlfriend (now wife), actor Zoe Tuckwell-Smith. Like a typical man under 30, he was no stranger to soft drinks and sweet treats. However, with Zoe's interest in healthy eating, Damon became more aware of what he put in his own body, and how sugary foods affected his mood.

Supported by a healthcare team and followed by a camera crew, he set himself a challenge of eating a typical 40 teaspoons of sugar a day – from foods that are marketed as healthy and low-fat. For 60 days he consumed 9600 kilojoules a day but avoided junk food and soft drinks. He also continued his usual exercise regime.

The result? Damon put on 8.5kg in two months, developed fatty liver disease, recorded high levels of triglycerides and was on the way to a type 2 diabetes diagnosis.

That Sugar Film and the accompanying book became an international success. This year Damon and Zoe released *That Sugar Guide*, a book of low-sugar, real-food recipes. He also developed this theory:

'I think no one is right or wrong when it comes to food,' he writes in *That Sugar Guide*. 'You see, when we try something and it works then it becomes very personal, we own it and so we want to share it with everyone and passionately advocate it. The problem is that another person has tried something different and due to their own context, it has worked for them.

'Both parties are 100 per cent right in what worked for them. What we all forget is that due to all the metabolic or genetic differences, microbiome health, opioid receptor sizes or even the amount of kilometres jogged on a treadmill, food will behave differently in our bodies. We need to understand this so that we can combine our collective powers and solve this crippling health crisis as soon as possible.

'Make it a priority to start reducing your highly processed refined carbohydrates, and especially focus on added sugar. Let your body reconnect with real foods again. Your body may need assistance; you may well need to go down the medication road, you may need highly specified dietetic-recommended ways of eating, but at the very least make eating real foods your baseline – your non-negotiable.'

Here are four of Zoe's delicious real-food recipes plus simple suggestions from *DL* dietitian Lisa Urquhart on how to make them perfect for a person living with diabetes.

Lisa's nutrition info
PER SERVE 879kJ, **protein** 8g, **total fat** 10g (sat. fat 1.4g), **carbs** 16g, **fibre** 10g, **sodium** 427mg. • **Carb exchanges** 1. • **GI estimate** low. • **Gluten free.**

Sweet baked beans

SERVES 2 (AS A BREAKFAST)

Butter, for frying
1 large red onion, sliced
4 large ripe tomatoes
400g can butter beans, rinsed and drained
Baby spinach, to serve (optional)
Herbs sprigs, to garnish (optional)

Melt some butter in a large saucepan over a low heat (it is essential the heat is low as this will bring out the sweet flavours). Add onion and let it gently caramelise, stirring occasionally. Once the onion is melty and sweet, about 10-15 minutes, add the whole tomatoes. Leave them to warm for a few minutes, then crush them with the back of a wooden spoon.

Stir the tomato through the caramelised onion and continue crushing it to release the juices and break up the skin.

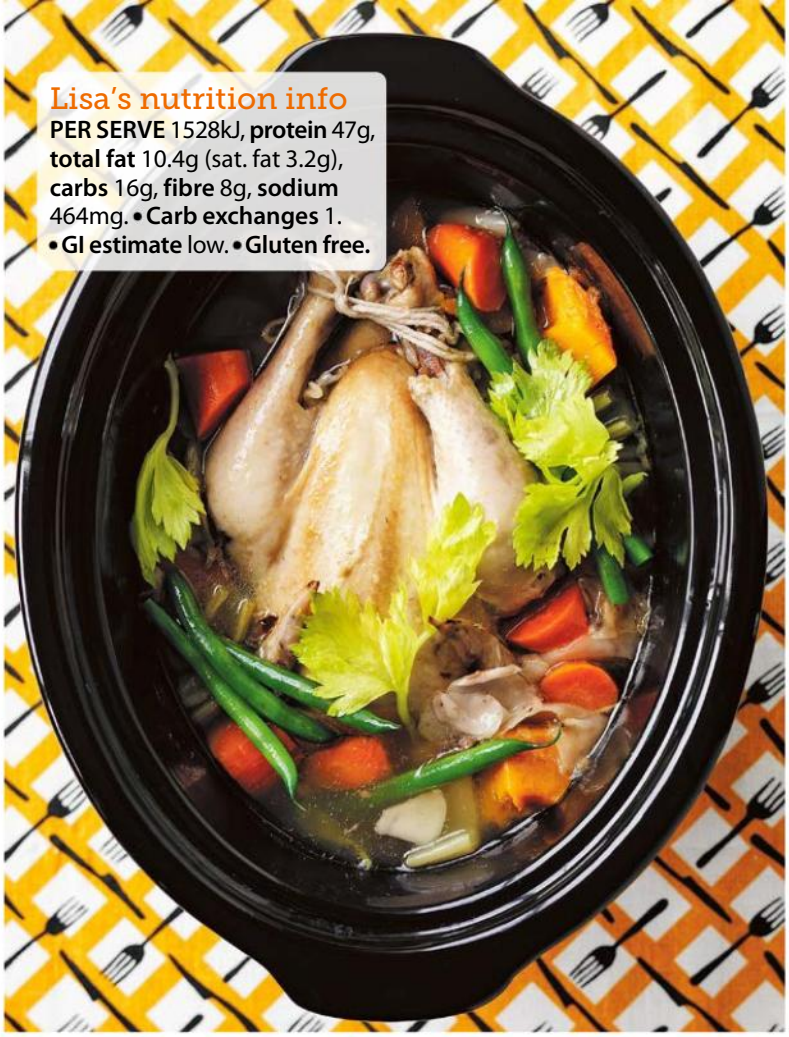
Cover and leave to simmer very gently for about 15 minutes until rich and aromatic. Add a tablespoon or two of water if necessary to keep the mixture moist.

Add beans and gently stir through. Pop the lid back on and simmer over a low heat for 30 minutes or until beans are soft and start to break apart. Serve beans on their own or with spinach to soak up the flavours of the sauce. Garnish with herbs, if you like.

Lisa's tweak: Make it even healthier by using 1 Tbsp of extra virgin olive oil instead of butter.

Zoe's tips: The natural sweetness of good, fresh ingredients is brought out by keeping the heat low. Increase the cooking time, not the heat, if you need to.

It's a good idea to make a double batch and freeze half to thaw quickly on a cold or busy morning. ➤



Lisa's nutrition info
PER SERVE 1528kJ, **protein** 47g, **total fat** 10.4g (sat. fat 3.2g), **carbs** 16g, **fibre** 8g, **sodium** 464mg. • **Carb exchanges** 1. • **GI estimate** low. • **Gluten free.**

Slow-cooked coconut chicken

SERVES 6 (AS A MAIN)

1 large young coconut
1.5kg whole chicken
2 sticks celery, chopped
4 large carrots, cut into 2.5cm pieces
300g pumpkin, roughly chopped
3 cloves garlic (left whole)
⅓ cup freshly squeezed lemon juice
250ml (1 cup) water
400g green beans, topped and tailed

Crack the coconut and drain the water into a bowl, then scoop out 1 cup of coconut flesh. You need 500ml (2 cups) of coconut water; if you don't have enough, top up to get 2 cups.

Rinse and pat dry the chicken, then place it in a slow cooker with the celery, carrot, pumpkin, garlic and coconut flesh. Cover with the lemon juice, coconut water and water.

Cook on High for 3 hours or 6 hours on Low.

About 10 minutes before the chicken is ready, add the beans and cook until just tender. Serve the chicken and vegetables with the broth in soup bowls.

Lisa's tweak: To reduce the saturated fat, skim the broth and remove the chicken skin before serving.

Zoe's tip: The coconut chicken broth made from slow-cooking in this way is so rich yet still light. You can use the leftover broth for soup stock or drink it on its own as a hearty winter warmer: it's a great immunity booster. I've used pumpkin, carrots and green beans but feel free to vary the vegies.

Lisa's nutrition info
PER SERVE 807kJ, **protein** 17g, **total fat** 9.5g (sat. fat 4.3g), **carbs** 7g, **fibre** 6g, **sodium** 208mg. • **Carb exchanges** ½. • **GI estimate** low. • **Gluten free.**

Traffic-light eggs

SERVES 6 (AS A BREAKFAST)

6 similar-sized capsicums: 2 green, 2 red, 2 yellow
1 cup grated cheddar
3 cups baby spinach, wilted
6 x 60g free-range eggs

Preheat the oven to 180°C. Line an oven tray with baking paper. Cut the tops off the capsicums and remove and discard the membrane and seeds.

Divide cheese between the capsicums. Squeeze excess liquid from the spinach and divide between the capsicums. Crack an egg into each capsicum.

Place the filled capsicums on the lined tray. Roast for 20-30 minutes or until the eggs are cooked.

Lisa's tweak: Lower the fat by replacing the grated cheese with reduced-fat grated cheese.

Zoe's tip: These eggs are also delicious with a tablespoon of beef mince or some pesto. It's a great way to use up leftovers, as well as adding extra flavour.

Lisa's nutrition info
PER SERVE 368kJ, protein 5.1g, **total fat** 1.2g (sat. fat 0.4g), **carbs** 12g, **fibre** 3g, **sodium** 3mg. • **Carb exchanges** ¾. • **GI estimate** low. • **Gluten free.**

That Sugar Guide by Damon and Zoe Gameau is published by Macmillan Australia, RRP $39.99.

Choc mango cheeks

SERVES 12 (AS A DESSERT)

1 medjool date, pitted
3 ripe juicy mangoes
100g cacao butter
½ cup raw cacao powder

Soak the date in enough water to cover for at least 4 hours.

Skin the mangoes and cut the cheeks off (sounds gruesome, doesn't it?). Cut the cheeks in half again, then skewer them with paddle-pop or cake-pop sticks in one end delicately to make an 'ice block'.

Place them on a baking tray and pop them in the freezer for at least 15 minutes while you prepare the cacao coating.

Drain the date, discarding the soaking liquid.

Finely chop the cacao butter and melt by gradually adding little pieces to a saucepan over a very low heat. You'll need about 1 cup of melted cacao butter. Transfer to a blender along with the cacao powder and soaked date and whizz until very smooth. Transfer to a bowl.

Remove mangoes from the freezer and dip into the cacao mixture. Return them to the tray and place in the freezer for a further 15 minutes. If you want to, you can repeat this last step of the process for a double layer of cacao crunch.

Leave them frozen until ready for serving. They should keep for up to a month in the freezer but you might want to transfer them to a container to stop them from getting frosty.

You can individually portion them in baking paper tied with string. Pop them in an airtight container and freeze them until required.

Lisa's tweak: These are perfectly portioned to keep blood glucose levels (BGLs) in check. You can also use low-sugar fruit such as berries or melon chunks.

Zoe's tip: These are best made in summer when mangoes are in season. Buy a tray and once they are really ripe make a few batches to store in the freezer. ■

'Make it a priority to start reducing your added sugar. Let your BODY CONNECT *with real foods again'*

PHOTOGRAPHY MARK CHEW (FAMILY PHOTO); ROB PALMER (FOOD) **STYLING** MICHELLE NOERIANTO **FOOD PREPARATION** KERRIE RAY

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EAT UP *stay low*

Easy ways to prevent post-meal BGL spikes from *DL* diabetes educator ***Dr Kate Marsh***

1 *Go for low GI*

The Glycaemic Index (GI) is a measure of how carbs in food affect blood glucose levels (BGLs). Foods with a low GI break down slowly, gradually releasing glucose into the bloodstream. Good low-GI choices include rolled oats, barley, quinoa, cracked wheat, dense wholegrain breads, corn, legumes, pasta (but not the gluten-free variety), apples, pears, berries, citrus fruits, peaches and nectarines, plus milk and yoghurt.

2 *Dress it up*

Vinegar and other acidic foods such as lemon juice can reduce post-meal BGL spikes in people with diabetes. Why? It's thought that the acidity slows down the absorption of glucose from food. So, if you enjoy a slice of fresh white bread or another high-GI food, remember to team it with a salad dressed with vinegar or lemon juice.

3 *Take a break*

Prolonged periods of sitting can prevent insulin from working effectively, increasing BGLs. Counter this by taking short, regular movement breaks throughout the day. It'll help you reduce spikes in blood glucose and insulin levels after meals.

4 *Walk it off*

Regular exercise helps insulin work more effectively, but it's important to remember that the type, intensity and timing of activity all affect how your BGLs respond. A recent review of research concluded that 30-60 minutes of low-to-moderate intensity exercise, commencing about 30 minutes after eating, is the most effective way of exercising to help reduce post-meal BGLs.

Science says... *eat your vegies first*

A small study of overweight people with type 2 has revealed that food order counts! When the group ate the protein and non-starchy vegetable part of a meal (skinless chicken breast, broccoli and a garden salad) first, then waited 15 minutes before having the carbohydrate component (white bread and orange juice), their BGLs were 37 per cent lower an hour later than if carbs had been eaten first. Give it a go! ■

PHOTOGRAPHY GETTY IMAGES

DINAAZ'S STORY

It was Easter when 11-year old Kevin flew off on a school trip to China. Just before he left Dinaaz had noticed he was eating and drinking more and not gaining much weight but had put it all down to a 'growth spurt'. Just as he left Kevin mentioned he'd lost 3kg and alarm bells immediately rang for Dinaaz.

"We don't have diabetes in the family but I had some idea what the symptoms were," says Dinaaz. "The GP was closed over Easter so I went straight to my local pharmacist who confirmed my fears."

Dinaaz quickly alerted the school, who assured Dinnaz their medical staff would keep a close eye on Kevin during the trip. As soon as he got home a blood test confirmed diabetes and he spent the following 10 days in hospital learning all about his condition.

"As a parent, I went through many different emotions," says Dinaaz. "The scariest part was not knowing what was ahead of us and we were on information overload from the doctors, nurses, dietitians, psychologists and other medical staff."

Kevin is now a fit and healthy 17-year old. He doesn't let diabetes get in the way of life and Dinaaz is always there to support him. "I wear many hats," laughs Dinaaz. "I'm the nagging mother, caring friend, lifelong supporter, and personal secretary that ensures all appointments and commitments are kept! We are also very grateful for the support we receive from Diabetes NSW."

"Education and awareness is so important," continues Dinaaz. "I urge all parents to be alert to the signs of type 1 diabetes such as excessive thirst and urination, increased appetite and headaches."

diabetes nsw

Everyday Diabetes NSW supports families like Dinaaz's with clear, current information. We offer expert telephone support and access to a wealth of information for people living with all types of diabetes.

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TYPE 1

‘I WAS READ THE *last rites*’

Refusing to be consumed by her illness, ***Patricia Scheetz, 33,*** believes adversity has made her the positive person she is today

You’ve had more than your fair share of diabetes complications. How did you come to need a double transplant?

I was diagnosed with type 1 when I was 11 months old and my diabetes has always been very difficult to control. I had the last rites read to me in hospital when I was 15, after pneumonia triggered diabetic ketoacidosis. I nearly died, which was very scary for my parents and friends.

Then in my early 20s, I ended up legally blind and Guide Dogs NSW taught me how to walk with a cane. At the same time I started losing sensation in my fingers and toes. My feet felt uncomfortable and cold, and would constantly tingle.

Because of my body’s reduced ability to fight infection, I ended up with necrotising fasciitis – often called flesh-eating bacteria. I was in a coma for a week. Doctors had to remove a muscle from my thigh and I was told I would never walk again. I didn’t take no for an answer and three months later I walked out of the hospital.

Around this time I stopped noticing when a hypo (low blood glucose levels) would occur. I’d go to sleep and wake up with ambulance officers in the room. My parents and husband became experts in spotting hypos, but it made me nervous to be anywhere on my own.

After that, I ended up with a condition called gastroparesis, which is a paralysis of the stomach and was also caused by damage due to diabetes. Because my stomach wouldn’t empty I’d vomit all my food, some of it more than two weeks old. The dehydration affected my kidneys and in the end I needed dialysis.

In early 2010, just after I was married, I was told my best option was a kidney and pancreas transplant. In May 2011, I got the call to say they had found a donor. Afterwards, I learned that if I hadn’t had the transplants by Christmas, I wouldn’t have survived.

Given how hard it was to manage your diabetes, why didn’t you get a pump?

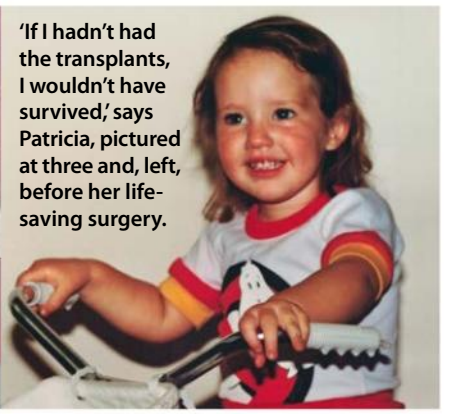
Doctors discussed a pump in 2006 when I was dealing with the flesh-eating bacteria, but they decided that my vision was too poor to dial up the correct insulin dose.

How did you react to the call saying organs were available?

It was the most surreal moment of my life. I was expecting it to be all so dramatic but it was

WORDS HEATHER WISEMAN

SWEET SUCCESS
'A cookbook about macarons ignited my passion for desserts. My first batch turned out perfectly. I made macarons when I auditioned for *Zumbo's Just Desserts* and I made it in!'



'If I hadn't had the transplants, I wouldn't have survived,' says Patricia, pictured at three and, left, before her life-saving surgery.

a calm phone call that felt so normal. Then there was this rush of emotion. I was scared, happy, crying and overwhelmed. We went to Westmead Hospital in Sydney and I had the eight-hour operation the next day. My husband Russell says it was the longest wait of his life.

How is your health now, with the new kidney and pancreas?

As soon as I woke up from the anaesthetic I felt so incredibly good, it was like I could run home. It made me realise how unwell I had been prior to that. I haven't had insulin since the night before my transplant.

It isn't all smooth sailing, though. I take drugs for my transplants, which have made me permanently immunosuppressed. I also have osteoporosis, which means that I break bones easily.

I've also ended up with another diabetes complication called Charcot's osteoarthropathy. I woke one morning to find my foot was swollen and red, and it was presumed I had an infection but it was actually a broken bone. The condition is hard to diagnose and can lead to deformities, even amputation, so I'm lucky. But for the past three years I have had to wear plaster casts on my feet for months at a time to stop the condition getting worse. It's annoying but I've put little bow ties on the front of the casts, so I've made them my own.

The bumps in the road since my transplants are so minor compared to my life beforehand. We've just had a party to celebrate the fifth anniversary. I made two cakes – one shaped like a kidney and another like a pancreas!

You're incredibly positive, given all you've been through!

As positive as I am about my health and all the things I've been through, I have had my moments. When it's tough, I talk to my husband and friends, and move on. All the bad things have made me a stronger and happier person. And in many ways, they have made me who I am. ■

Catch Patricia on Zumbo's Just Desserts*, premiering on Channel 7 following the Olympics.*

Have diabetes and want to share your story? Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.

Your HYPO *toolkit*

Ditch the dizzies, stop the sweats and *leave lows behind* with simple ways to manage (or avoid) blood glucose nosedives

Hypoglycaemia (also known as a hypo or low) is a fact of life for everyone with type 1 and some people with type 2. Even if you're doing all the right things with your diabetes management, a hypo may still take you by surprise.

A spontaneous run in the park with your dog, a delayed or missed meal, or accidentally injecting too much insulin can all cause your blood glucose levels (BGLs) to drop. That's why it's important to have a stash of fast-acting carbohydrate in your pocket, handbag, kitchen cupboards, glove box and office drawer at all times.

Remember that treating a low swiftly means that you can sidestep the risk of more serious complications such as a seizure or diabetic coma.

How to treat them

While the symptoms vary from person to person, some of the more common hypo red flags are feeling shaky or dizzy, sweating excessively, being hungry and experiencing fluctuating moods or concentration levels.

If you feel like you're going too low, test your BGLs. If they're below 4mmol/L, then it's vital that you take 15g of fast-acting carbohydrate, such as:

- 1 bottle (60ml) TRUEplus Fast-Acting Glucose Drink
- 10 Glucodin tablets
- 150ml fruit juice
- 150-200ml regular soft drink
- 6-7 regular jelly beans or five Glucojel jelly beans (this pharmacy-only brand contains extra glucose, so works faster than supermarket sweets)
- 3 teaspoons of honey or sugar.

Once you've taken your hypo helper, wait 15 minutes then re-test your levels. If they're still below 4mmol/L, take another 15g of fast-acting carbohydrate.

If you're low several hours before your next planned meal, have a snack to stabilise your BGLs and prevent them from falling. A piece of fruit, some plain yoghurt or a slice of grainy bread are all good options.

TOP TIP Think you're low but don't have your meter handy? Treat your symptoms like a hypo and take 15g of fast-acting carbohydrate, just to be safe.

How to prevent them

The best way to avoid hypos is to try to stay in tune with your body. Knowing how your meds and insulin – as well as different foods, activities and factors such as stress and sleep – affect your BGLs will help. Regularly monitoring your levels is the best way to get a picture of how these factors impact you.

It's a good idea to discuss your findings with your care team – they can help you strike a balance between living your life and keeping your BGLs on an even keel. ■

For carers

What to do in an emergency

During a severe hypo, your loved one may need your help. Diabetes Australia warns not to put anything in their mouth. If he or she is drowsy, unable to swallow or unconscious, then:

- **Place them on their side and ensure their airway is clear.**
- **Inject them with Glucagon, if you've been trained to do so. (Glucagon is a hormone that raises BGLs. A diabetes educator can train you to administer it.)**
- **Dial 000 for an ambulance and stay with your loved one until help arrives.**

WORDS REBECCA LAKE PHOTOGRAPHY GETTY IMAGES, ISTOCKPHOTO

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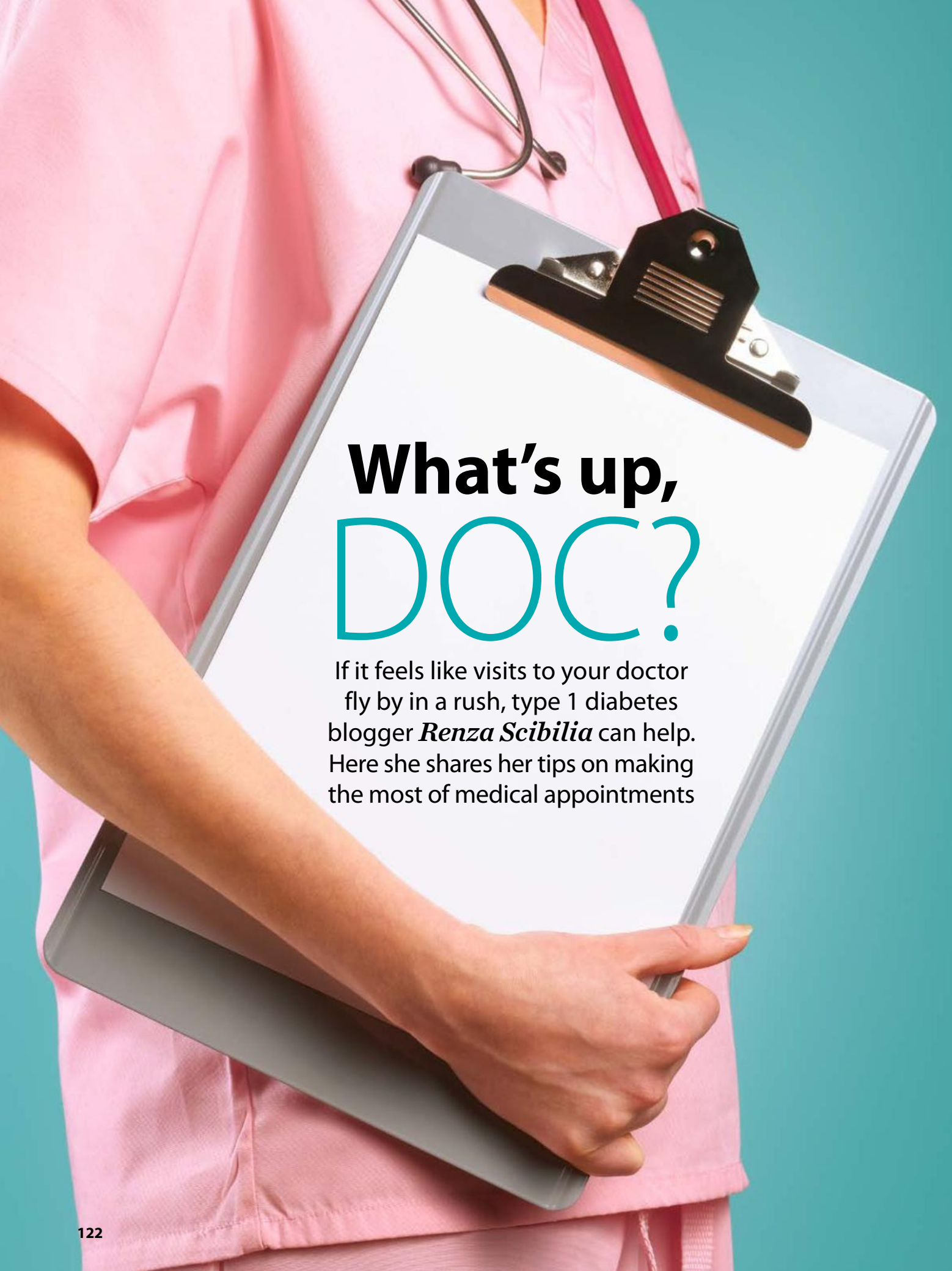


What's up, DOC?

If it feels like visits to your doctor fly by in a rush, type 1 diabetes blogger ***Renza Scibilia*** can help. Here she shares her tips on making the most of medical appointments

Every year, a person with diabetes will spend an average of four to six hours with their healthcare professionals. That's not a lot, considering that the rest of the time you are managing your condition alone, making myriad diabetes-related decisions each day. With this in mind, it's important to make every precious minute of those face-to-face appointments count.

Too often, however, medical appointments can feel like one-size-fits-all routines. This might be okay if diabetes was a one-size-fits-all condition, but it's not. To get the most out of your time with your healthcare professionals, you need to ensure that the discussion is relevant to your unique needs and individual experience of living with diabetes.

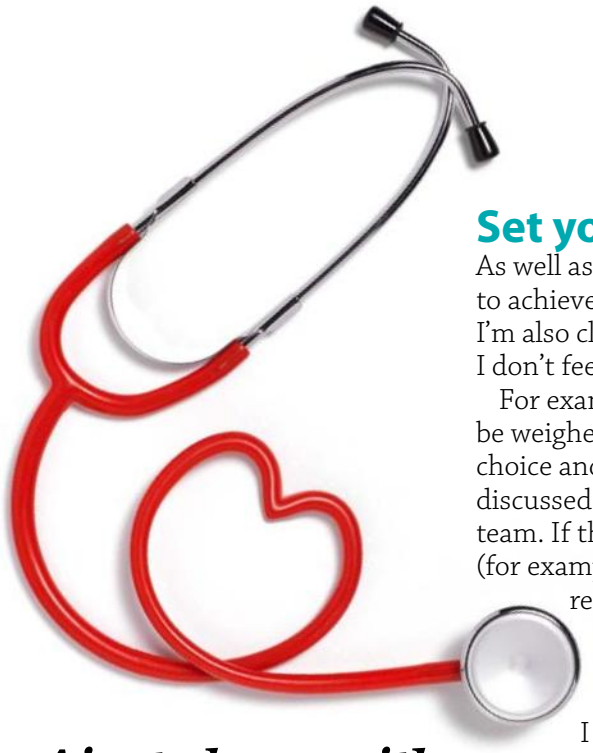
I have lived with type 1 diabetes for 18 years. Along the way, I have collected a few tips and tricks for ensuring my medical appointments are positive and productive.

These tips provide me with a framework for setting goals and knowing what I want to achieve in that time. Chiefly, my aim is to leave the doctor's office with a clear path forward and enough information to best manage my condition until the next time we meet.

Make notes

It is likely that in the weeks or months before you see your GP or specialist, there will have been issues relating to your health and diabetes that have caused you concern, confusion or even celebration. These should be noted down and shared at your appointment.

PHOTOGRAPHY GETTY IMAGES



Aim to leave with a clear PATH forward

As issues arise, I record them in the notes section of my smartphone. It's ideal because it's always with me and the notes are easy to organise into points.

Give a heads-up

I email or call my doctor's office to let her know in advance if there is something that may take more time than usual, or if I am looking for information she may not have on hand.

I also call ahead if I need forms filled in, such as a driver's licence review, information for my private health insurer or a letter written for travelling. This gives my doctor the chance to have these ready to discuss in person.

Have results ready

Before seeing my GP or specialist, I take care of any blood tests or other diagnostics, allowing enough time for pathology to send the results back to my doctor. This gives us a chance to speak about my tests.

Set your limits…

As well as knowing what I want to achieve in my appointment, I'm also clear about what I don't feel is necessary.

For example, I prefer not to be weighed. This is a personal choice and an issue I have discussed with my healthcare team. If there is no real need (for example if my weight is required for medication doses) and there are no concerns (either from me or my team), then I don't get on the scales.

…and your goals

Other checks, however, I consider essential, such as blood pressure. I always ask how my most recent numbers compare with previous results. I note this down for my records, again in my smartphone, to create a really useful record.

On your list of discussion points you may also want to include standing items such as prescription reminders, regular complications screenings and any referrals that need updating. Don't forget to leave room for 'general business' in case your healthcare professional has anything to add!

There is no magic equation to working out the best way to approach medical appointments, but there is one key rule: always think about what you want to accomplish. Otherwise it's a waste of your time and your healthcare team's time.

If you have a clear idea of what you want to achieve when you turn up to your doctor's office, you'll maximise your chances of getting the detailed and personalised advice you need to manage your health in the best way you can. ■

Feel BETTER IN 5

When it comes to your health, be ahead of the game – your body will ***thank you!***

1 Freeze that sneeze

Think you might have hay fever? Combat the culprits with these suggestions

Q WHAT ARE THE CAUSES OF HAY FEVER?

A: Hay fever symptoms, such as sneezing, itchy eyes and blocked nose, are triggered by allergens – anything that can cause an allergic reaction. These include pollen, dust mites, animal fur and mould.

Q WHAT CAN I DO TO PREVENT HAY FEVER?

A: If possible, aim to avoid the allergens that trigger your symptoms. Another effective preventive treatment is regular use of a corticosteroid nasal spray. This prevents symptoms by reducing inflammation and mucus in the nose.

Q HOW IS HAY FEVER TYPICALLY TREATED?

A: Different symptoms benefit from different treatments, so it's a good idea to check with your doctor or pharmacist. Corticosteroid nasal sprays are effective for moderate to severe hay fever. Symptoms can also be treated with antihistamines and decongestants in nasal spray or oral form.

Q CAN TAKING ANTIHISTAMINES FOR HAY FEVER HAVE AN EFFECT ON BLOOD GLUCOSE LEVELS?

A: While antihistamines in themselves have no effect on blood glucose levels (BGLs), some combination medicines may contain other ingredients (for example, pseudoephedrine) that can affect your BGLs. Also, it's worth checking the sugar content of antihistamine syrups listed on the medicine's packaging or in the information leaflet, and asking your doctor or pharmacist about how this may affect your BGLs.

If unsure, talk to your local pharmacist or call the NPS Medicines Line on 1300 633 424.

2 Goodbye dry eyes

Protect your peepers from itch and irritation with soothing solutions from *DL* ophthalmologist Dr Angus Turner

Do you ever feel like your eyes have taken a trip to the Sahara Desert without you? You're not alone! The American Diabetes Association estimates that more than half of all people with diabetes also have dry eyes. Why? Although there is some evidence to suggest that diabetic neuropathy (nerve damage) can increase your chances of developing dry eyes, medical experts are not entirely sure why so many people with diabetes experience it.

TREAT IT While there isn't often a cure for dry eyes, you can relieve the symptoms.

'A good start is to use the lubricant eye drops available at the chemist,' says Dr Turner. 'If you find you need to use them more than four times per day, try the mini, preservative-free ones. Some people benefit from taking a daily fish oil supplement as well.'

It's also worth visiting your optometrist to have your eyelids and eye surface checked, adds Dr Turner. 'If your dry eye symptoms are very severe, ask your GP or optometrist for a referral to an ophthalmologist.'

PREVENT IT Exposure to environments, such as air-conditioned and heated rooms or the inside of aeroplanes, can cause your tears to dry up, says Dr Turner. 'Using lubricants helps prevent the symptoms of dry eyes in these scenarios.' Wearing protective glasses or sunglasses can also prevent wind drying your eyes, he adds.

3 Safeguard your smile

Show your pearly whites some love by staying on top of toothy troubles

FACT Having diabetes puts you at a greater risk of tooth decay, gum disease, dry mouth and redness of soft gum tissue, says Professor Ivan Darby from the Australian Dental Association.

SPOT IT Prof Darby advises watching out for the following symptoms:

- Tooth discolouration
- Cavities
- Pain when eating hot/cold/ sweet foods
- Pain that lasts for a long time or causes your mouth to throb
- Bleeding gums
- Loose teeth
- Gaps appearing between your teeth
- A lingering bad taste in your mouth or bad breath

PREVENT IT The first step in avoiding teeth, mouth and gum problems is to go back to basics. 'Brush twice a day with fluoride toothpaste, clean in between the teeth once a day, get regular check-ups and rinse with water or chewing gum after eating sugar,' says Prof Darby. ➤

4 Manage your hormone health

Why does having Polycystic Ovary Syndrome (PCOS) increase your risk of developing type 2? *DL* endocrinologist Dr Sultan Linjawi explains

What is PCOS? 'Women with PCOS have excess androgen (male hormone) levels and many small follicles (cysts) within the ovaries that do not mature enough to promote monthly ovulation,' says Dr Linjawi. 'This leads to irregular or absent periods.

'Other symptoms of PCOS can include acne, excess body hair and even male-pattern hair loss. Excess androgen also promotes weight gain, particularly around the mid-section.'

Why is weight a problem? 'This central distribution of weight is associated with insulin resistance, which is a precursor of type 2 diabetes,' says Dr Linjawi. 'As we become more insulin resistant, our bodies produce more insulin, which leads to more weight gain, which leads to more insulin resistance. Talk about a vicious circle!'

How can I limit my type 2 risk? Some women benefit from a combined oral contraceptive pill and anti-androgen medication to interrupt the cycle of excess male hormones, weight gain and insulin resistance. Although these meds can help reduce your type 2 risk, you also need to follow a healthy lifestyle, says Dr Linjawi.

'Eat moderately, exercise and maintain a healthy weight,' he advises. 'If weight loss is needed, a reduction of only five to 10 per cent of your total body weight can improve insulin sensitivity. That means losing just 4kg could be all it takes for an 80kg woman to reduce her risk of type 2.'

5 Listen up!

If you're straining to hear when you're talking on the phone or watching TV, don't ignore it – get your hearing checked today

Recent US research suggests that having diabetes can double your risk of hearing loss. Although the jury is still out on why, experts believe it may be due to high blood glucose levels (BGLs) causing damage to the small blood vessels inside your ears.

Keeping your BGLs in your individual target range can go a long way towards safeguarding your hearing (and your overall health). If you are experiencing changes to your hearing or hearing loss, talk to your GP who may refer you to an aural specialist for further testing. ■

For more health stories visit diabeticliving.com.au

WORDS REBECCA LAKE **PHOTOGRAPHY** GETTY IMAGES, ISTOCKPHOTO

"My feet were killing me... until I discovered The Miracle in Germany!"

Sightseer stumbles across the perfect solution for painful feet and aching legs!

James Noble says the relief given by Foot Cradles 'was truly a miracle'!

By FIONA LLOYD

WHEN James Noble went on a three week sightseeing tour around Europe with his wife and four friends, little did he know that his life would change forever. Not only did he discover a miracle for painful feet but it also led to him starting a new career selling these 'miracle' **Foot Cradles** in the UK. He told us, "It was a trip I had always dreamed about, I had recently retired so I had the time and money to go where I wanted and to see what I wanted."

Unfortunately, rather than a dream trip, it turned into a nightmare. He told us, "I soon learnt that all the time and money in the world mean nothing when your feet hurt too much to walk. After just a few days of sightseeing my feet were killing me so much I just wanted to go home."

It started on his first day. James told us how painful his feet were, "Oh, I tried to keep going. Our first stop was Paris and I limped through Notre Dame and along the Champs-Elysees. My feet were so sore, tired and swollen that my whole body ached. By the afternoon I was so worn out and in so much pain, that whilst everybody else was out having a great time, I was back in my hotel room laid out on the bed."

A few days later, when they arrived in Hamburg, James was so fed up that he was on the verge of booking an early flight home. Then, by luck or fate he stumbled across an old shoe shop in the heart of the city.

He told us what happened, "I was at my wits end, I was hobbling along the old streets of Hamburg trying, unsuccessfully, to keep up with everyone else when I passed an old shoe shop. The shop owner was saying goodbye to a customer and saw me struggling past, so he shouted to me in German. I couldn't understand a word he said so he kindly repeated it in English. He told me that I was walking very badly and that he could help me. I was rather sceptical but I hobbled into his shop and gratefully sat down. The owner, Herr Friedrich, introduced himself and told me very sternly that I needed a pair of his **Foot Cradles, immediately**! I was in so much pain and he seemed to know what he was doing so I agreed.

"I slipped a pair into my shoes and my feet were soothed almost instantly. The flexible shock absorbing support they gave my feet was like cradling them on a cushion of air. I could walk and stand without pain. The relief was truly a miracle. I paid Herr Friedrich for the insoles and hurried out to catch up with the others. I walked around Hamburg for the rest of the day with no pain at all. We went on to visit Prague, Budapest, Venice, Rome and Madrid all with no pain, it truly was a miracle."

This moment changed James' life. Not only was he now pain free but he also came out of retirement to start on a new career path. He said, "Imagine how dumbfounded I was to discover these miraculous insoles were only sold in Germany, so right then and there I determined that I would share the miracle with my own countrymen."

Since then James has become the UK distributor for **Foot Cradles** and sales have gone from strength to strength. He told us that he now has "hundreds of thousands of satisfied customers, many with aching feet far more severe than mine. They have all experienced this blessed relief for themselves."

Talking to James, it is clear to see how passionate he is about **Foot Cradles**. I asked him what made these supports different to other insoles, he told us "they are like nothing you've ever seen before. Their unique contoured design enables them to support your full body weight whilst helping to soothe your aching feet."

In fact, James has so much confidence in his product that he offers all customers a risk-free, 90 day home trial. He explained, "I get hundreds of customers writing in to tell me what a difference they make. I know they work, they worked so well for me. So, it's with this 100% belief in the product that I can offer a 90 day, money-back, risk-free home trial."

"Foot Cradles have changed my life!"

Foot Cradles are only offered exclusively to customers in Australia by Century Mail for $49.95 a pair. They are also available in two other styles: Full length Deluxe and Gel Sport, both carrying the 90 day home trial. You can order by calling the freephone order line 1800 83 84 89 or visit the website at www.cmshop.today/CFD42

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THE OTHER BGL...

BIG *gooey* LOVE

If you're feeling overwhelmed or sidelined by a partner, parent or child's diabetes, *make yourself a priority* with these expert-backed solutions

Caring for someone with diabetes can be tough. Along with the good times there are periods of worry, frustration and exhaustion – for everyone concerned.

If these feelings sometimes get the better of you, you are not alone. Diabetes Australia estimates there are as many as 2.4 million Australians whose lives are touched by diabetes, either through being diagnosed themselves or because they care for someone who lives with it.

If your loved one's diabetes is grinding you down, put your health and happiness back in the spotlight by tackling problems head-on. Here's how...

'Having to manage everything is completely overwhelming!'

This is a common pressure for carers and it increases if the person you love has other issues such as heart problems, diabetes complications or dementia. Help yourself by:

- **Setting a schedule** Being in a regular routine can help life run smoothly and reduce symptoms of depression.
- **Writing it down** Keep track of what medications your loved one is taking, when they need to be taken and when scripts should be renewed. Record the details in an organiser or in the calendar on your smartphone.
- **Contacting health services** Government-funded community care organisations can often provide help to carers to handle things like wound dressing, chores or personal care such as showering.
- **Engaging in mindfulness** Whether you're having a shower or simply eating your lunch, try to live in the moment by noticing sensations and details about your surroundings. This can help you stop focusing on issues like your credit card balance or something insensitive your partner said this morning.

● **Exercising daily** Moving more is a potent stress buster. Tricky to leave the house? Then use an exercise DVD at home or sign up to an online program or fitness app. Where possible, get out for a walk with your partner – even if it is just around the block.

Try this: Break your routine

'This can help you and your partner reduce stress and cabin fever,' says Elena Katrakis, a social worker and CEO of Carers NSW. Why not…

- Eat lunch outside.
- Watch a favourite movie, play a game or do a crossword together.
- Look through old photo albums.
- Put on music and start singing!
- Ask a friend to drop by for afternoon tea.
- Build a terrarium or balcony herb garden and encourage your partner to help care for it.

'My partner is often moody and depressed'

'Living with a chronic illness like diabetes and coping with self-management and the threat of long-term complications can double the risk of people with diabetes developing depression,' says diabetes educator Sue Leahy from Diabetes NSW.

Just as diabetes can have a knock-on effect on carers, so too can depression. The result? Your own emotional wellbeing may nosedive as well.

The first step in managing your partner's depression, and lifting your own mood, is to make small, healthy lifestyle changes. You know the drill – eat well, minimise alcohol and ensure you get enough sleep and exercise. Doing this will also give your loved one's blood glucose levels (BGLs) a helping hand, as fluctuating BGLs can cause fatigue, frustration and disappointment, says Leahy.

It's important to get the experts involved, too. Remember they are there to support you, not make judgements about you. The first step is to talk to your GP about how your partner's depression is affecting you both, and to discuss medication and/or building a Mental Health Treatment Plan for them, and perhaps for you too, so you can access counselling sessions at a reduced fee.

You could also join a support group for carers – ask your GP or your partner's diabetes educator about groups in your area, or try an online group if getting out of the house is too hard. Talking to others in the same situation can help you feel less alone.

'Diabetes is expensive, which can be stressful'

'Diabetes can cause financial burdens because the person with diabetes and their carer may have to reduce work or give it up entirely,' says Leahy. 'On top of medications and equipment, medical fees for visits to health professionals can really add up over a year.'

You can reduce your costs and your stress levels by checking with your GP and diabetes educator about whether you ➤

qualify for any rebates, allowances, schemes or discounts. This could be a Carer Allowance (through the Department of Human Services) a GP Management Plan (for subsidised visits to a podiatrist or exercise physiologist, for example), or the National Diabetes Services Scheme (for cheaper diabetes consumables).

Shop around for everyday expenses and make sure you're getting the best possible deal for your mortgage, credit card, phone bundle and utilities such as electricity and water. Comparison websites like energymadeeasy.gov.au can help.

'It's like my feelings and needs don't matter'

Most carers have to grapple with days when their partner snaps or rebuffs them. Meanwhile, their priorities often end up on the backburner. Sounds familiar? Give one of these solutions a try:

- **Avoid accusations** 'Aim to use "I" statements to talk about something that upsets you so that your partner doesn't become defensive and stop listening,' suggests psychologist Sue Yorston from Relationships Australia Victoria.
- **Learn to listen** Ask what your partner would like to do so that the care feels more collaborative than combative.
- **Organise respite care** 'If you feel you can't take a weekend, it's still beneficial to have a short break once a week to have your hair done or to catch up with a friend for coffee while the person you care for enjoys time out in a different setting too,' says Elena Katrakis.

REAL-LIFE READ

'Our relationship has changed for the better'

Five years ago, Terry*, 55, and Claire*, 49, were shocked when Terry was diagnosed with type 2. Here's how they adjusted to their new way of life.

NAGGING

She says: 'When I hassled Terry about self-management we argued. Eventually I realised I had to respect that he has the diabetes and needs to manage it his way. So instead I started to say, "What can I do to help?"'

He says: 'When Claire stopped nagging I admitted how depressed I was and asked her to help me find a counsellor. I could then address my feelings instead of pretending I didn't have diabetes. That helped my health and my relationship a great deal.'

DOING TOO MUCH

She says: 'The more I took charge of food, scripts and doctor's appointments, the more I enabled Terry to drop the ball. So I stopped. It was hard but also the best thing I could've done.'

He says: 'Without Claire taking charge I went off the rails a bit and didn't see my care team enough. I developed a few complications, which was my wake-up call. It forced me to take responsibility.'

MAKING LOVE

She says: 'Diabetes has reduced Terry's ability to get an erection, but since he overcame his embarrassment about using Viagra, we have been able to enjoy a fulfilling sex life again.'

He says: 'Our sex life has actually improved since the diabetes because we have to spend more time touching and cuddling while we wait for the Viagra to work, and that creates more intimacy.'

For information on available services see carersaustralia.com.au or call 1800 242 636.

- **Take 10** The washing up can wait! Taking a 10-minute 'me break' will recharge your batteries. Read a book, meditate or just sit outside to enjoy a cup of tea.

'We no longer have sex – and our relationship is suffering'

Being together all day with your partner, particularly if he or she is not well, can leave you both feeling too tired for sex. To keep intimacy alive, show your love in other ways. Go for a walk, enjoy a shower together or read to each other in the bath.

'Holding hands, cuddling and kissing with no strings attached encourages physical closeness, helps you both relax and can foster more intimacy and desire, which may lead to more lovemaking,' says Yorston.

And when you are in the mood for sex, try setting a date for it. Anticipation can be the ultimate aphrodisiac! ■

WORDS STEPHANIE OSFIELD PHOTOGRAPHY GETTY IMAGES / * *NAMES HAVE BEEN CHANGED BY REQUEST*

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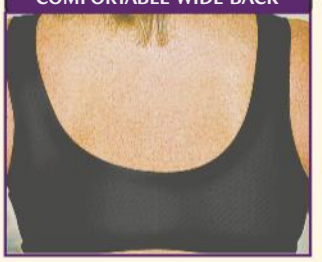

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Cruise CONTROL

Everything you need to know about *driving with type 1 or type 2*

DO YOU... have type 2 and don't take meds?

If you're managing diabetes with diet and exercise alone, it's unlikely you'll have restrictions on your licence. However, you may need to register the fact you have diabetes with your local licensing bureau. Check your state/territory branch's website for more information.

DO YOU... manage with insulin or oral meds?

If your diabetes is managed with insulin or medication that causes hypoglycaemia (hypos), you'll need to check in with your GP before driving. If he or she considers you roadworthy, you'll be given a medical report that you must submit to your licensing authority. Contact your local branch to see if you need to deliver it in person.

GOOD TO KNOW You'll need to undergo periodic medical tests every two to five years to ensure you're still able to drive. Your GP can advise you how frequently you should be tested.

HOW CAN YOU... avoid hypos at the wheel?

Before driving If you're prone to hypos, check your blood glucose levels (BGLs) before you get in your car. If they're below 5mmol/L, have a fast-acting carbohydrate then wait until they've remained over 5mmol/L for at least half an hour before driving. Keep a stash of fast-acting hypo treatments in your glove box for future emergencies.

While driving If you feel yourself going low on the road, pull over, treat it, re-test, and wait until your levels are above 5mmol/L before driving again.

DO YOU... need to let your insurer know you have diabetes?

In a word: yes. If you don't report your diabetes to your insurer – regardless of which type – you may have problems making claims in the future. ■

Further advice

Consult a credentialled diabetes educator (CDE) who can answer your questions and give you expert advice about staying well in the car – and out of it! Find a CDE through the Australian Diabetes Educators Association at adea.com.au/find-a-cde

WORDS KAREN FITTALL; REBECCA LAKE PHOTOGRAPHY GETTY IMAGES

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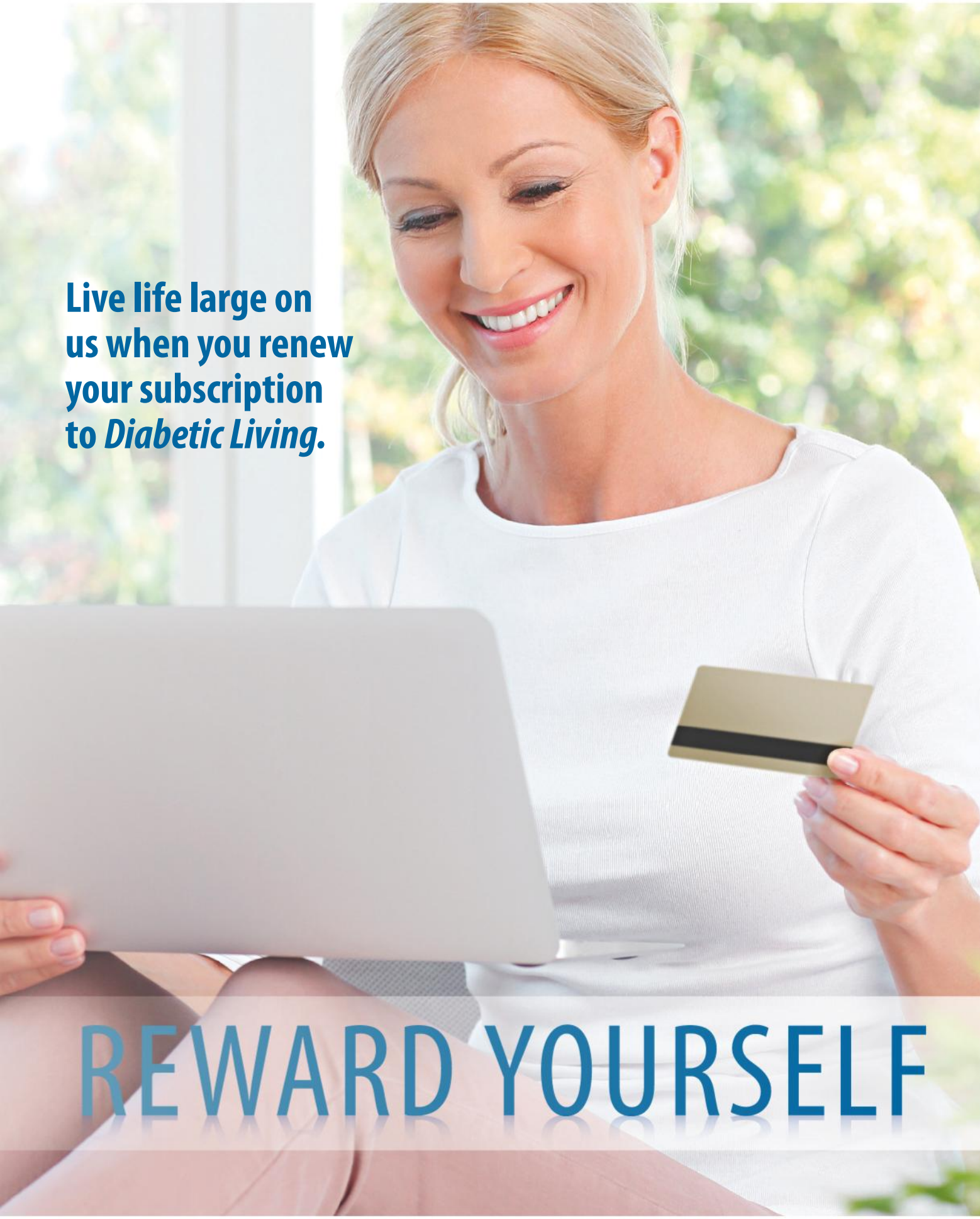

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BREAKFAST

84 60-second breakfast
113 Sweet baked beans
114 Traffic-light eggs

SNACKS

85 Almond, strawberry and honey yoghurt
85 Asparagus with tzatziki dip
85 Zesty cream cheese and salmon on rye

LIGHT MEALS

42 Apple, almond and cranberry potato salad
44 Asian pork and noodle salad
44 Corn, buckwheat and tomato salad with chicken meatballs
45 Poached chicken, watermelon and cucumber salad
42 Prawn, couscous, pomegranate and mint salad
44 Rice, avocado and sprout salad
45 Roasted vegetable pesto pasta

MAINS

70 Balsamic tofu with cauliflower and pea mash
58 Cheat's seafood risotto
60 Chicken, bean and soy noodles
72 Chicken, grape, apple and pecan salad
22 Chicken tikka
71 Fish or chicken and avocado tacos
54 Honey spiced lamb casserole
24 Italian capsicum stew with chargrilled lamb cutlets
60 Kale, tomato and mushroom gnocchi
51 Lamb cutlets with chargrilled zucchini and corn salad
52 Lamb minute steaks with chutney and sweet potato chips
50 Lamb, semi-dried tomato and tzatziki wraps
80 Lentil burgers
55 Mediterranean-style meatballs
71 Mini dill and paprika meatballs
58 Polenta with roasted root vegetables
50 Pomegranate roast lamb with warm chickpea salad
70 Prawn, saffron and pea linguine
76 Roast beef with horseradish cream
72 Salmon, mushroom and cheddar quiches
114 Slow-cooked coconut chicken
70 Sticky soy pork, sweet potato and spinach salad

ACCOMPANIMENTS

76 Moroccan spiced vegetables with almonds
76 Roasted herb and garlic potatoes

DESSERTS

34 Blackberry and coconut pancakes
115 Choc mango cheeks
32 Creamy tapioca with warm cinnamon cherries
78 Lemon meringue slice
32 Lemon, raspberry and ricotta cake
33 Mango and raspberry jelly parfaits
34 Peach and almond tarte Tartin
34 Pear tiramisu
32 Plum and almond slice

KEY Freezable Gluten free Gluten-free option Vegetarian Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

PHOTOGRAPHY GETTY IMAGES

Postcards from the SHED

Everyone's favourite chippie ***Rob Palmer*** explains why he's decided to give diabetes equal billing in his latest online adventures

Once, during a time before midlife responsibility set in, I decided to complete a two-day training course with a couple of great mates. The end game? To turn up to an airfield, board a small plane without a side door, tag along to 10,000 feet and then, wearing a backpack that someone else had given me, JUMP!

I had trained for it, I had all the gear I needed and I was petrified, but in the most exciting way I could possibly imagine.

Fast-forward to now and I am feeling a similar buzz of expectancy, excitement and blind faith. It has nothing to do with the thrill of skydiving, it is simply a reinvention of a career in DIY and entertainment.

This new venture has me jumping out of my skin. It's a YouTube channel called Rob Palmer DIY, and it's a massive platform from which I can connect to a world that values time, family, friends and fun, along with value for money.

Initially the plan for the channel was to knock over the things on the 'to do' list that every family surely has. I'm a huge fan of the look that comes your way after you repair something or solve a household problem. (It's far better than the 'I've asked you to do that six times' look!) But just like that long-ago day on the plane, when adrenaline, enthusiasm and fun sent my blood glucose levels all over the joint, I've found that my old partner diabetes is also strapped in for the ride.

The various ups and downs of excitement and apprehension, combined with long stints alternating between tool time and computer time, meant that my diabetes management started to get away from me.

This time, I've packed my own* PARACHUTE *and I've been in training for a lifetime

In among all the new adjustments and allowances that I've had to make to get my diabetes under control, the realisation hit me. Why not launch a video diary of my own observations and stories of life with diabetes? I call it T1D Tales and it appears within the Rob Palmer DIY channel.

At the very least, combined with my tips for home DIY and this world's insatiable desire to fix stuff, it will increase awareness of this relentless disease. Hopefully it also offers a window of familiarity and comfort to families coping with diabetes, and occasionally just a good yarn and a giggle.

Having launched the channel just recently, I am again standing at the edge of the open door at 10,000 feet. Only this time, I've packed my own parachute and have been in training for this mission for near on a lifetime.

Here we go... GERONIMO! ■

PHOTOGRAPHY DAVID THOMSON (ROB'S PHOTO); GETTY IMAGES

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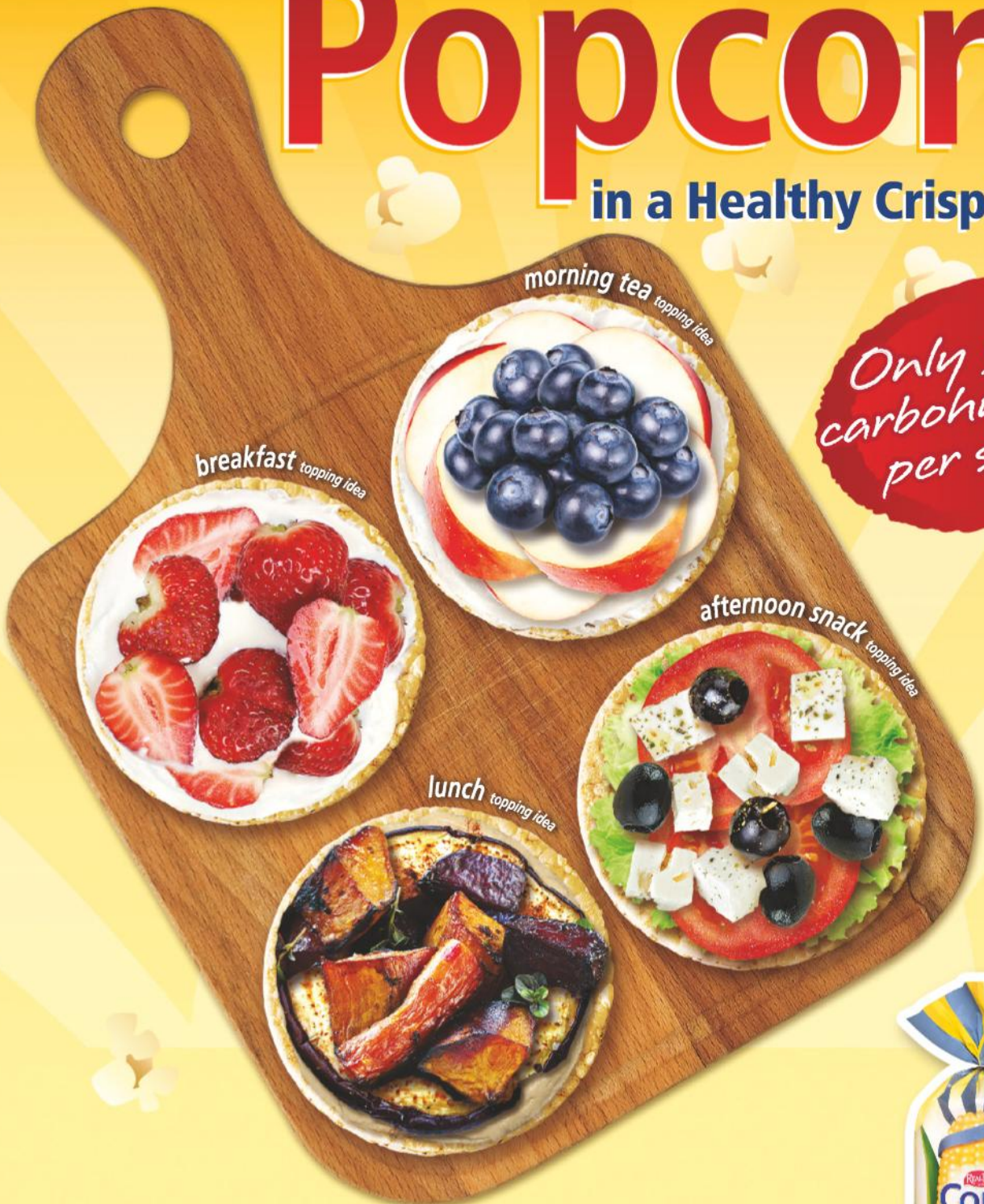

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